

Join us for!

MENTAL HEALTH MONDAYS



Mental Health Mondays

FALL FABRIC SCRAP FLOWER

September 9th at 5 PM

Join us as we continue our Mental Health Monday series, where we focus on improving mental health through mindfulness practices, self-care, creative expression, and fellowship. Each session will focus on helping you develop stress reduction techniques and coping skills and will also provide an opportunity to practice self-care through crafting. Both sessions will be held at the Clay County Extension Office, 69 Jameson Rd, Manchester, KY.



WOODEN PUMPKINS

September 30th at 5 PM

CALL TO REGISTER:

606-598-2789

clay.ca.uky.edu