



Bear River First Nation Mental Wellness Workshop

Tuesday, June 4

11:00 am- 3:00 pm

or

5:00 pm- 8:00 pm



**BEAR RIVER
FIRST NATION**

At the Bear River First Nation Health Centre

Meal and materials provided

All Community Members Welcome!

Join us for a mental wellness workshop discussing positive self-talk while we make beaded hearts.

To register and for more information contact Samara Harlow at ceic@brfnhc.ca 902-467-4197



The Confederacy of Mainland Mi'kmaq

cmmns.com

