

# Mental Health Skills Group

**DATE: EVERY WEDNESDAY**

**TIME: 11:00a - 12:00p**

Prairie Band Potawatomi Behavioral Health Building  
11386 158th Road, Mayetta, KS 66509



**Mental Health is as important as physical health. It affects how we think, feel, and act. Taking care of our mental health is essential for our overall well-being.**

**A weekly educational group will be starting that includes the principals of optimal health.**

**Such as:**

- Emotional
- Physical
- Social
- Spiritual
- Financial
- Etc..

**THIS GROUP IS ONLY FOR CURRENTLY ACTIVE BEHAVIORAL HEALTH CLIENTS**

**For more information, please contact the Behavioral Health at  
785-966-8364**