

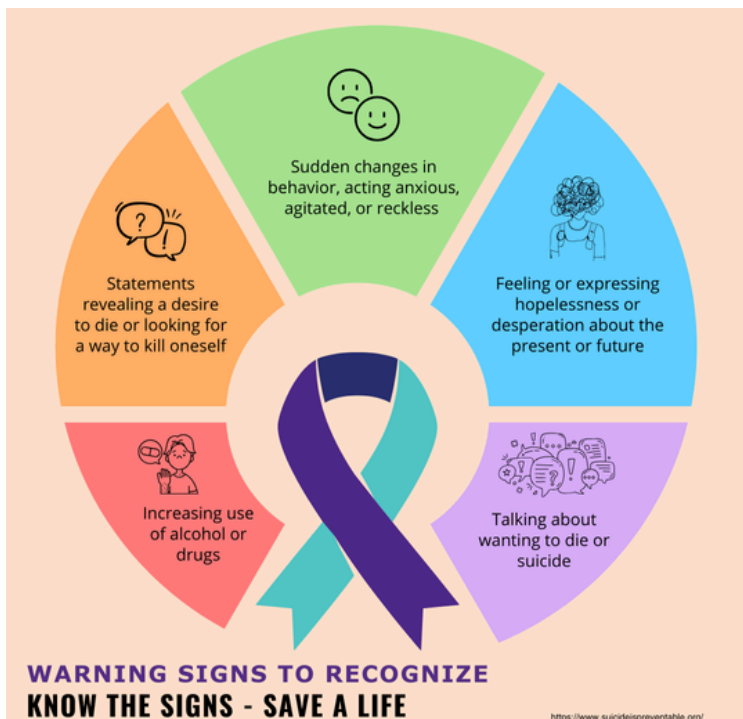
Wellness Wednesday

Your midweek reminder to prioritize your wellbeing

3rd of September



Click the image above for a brief video.



Click the image above for more information on knowing the warning signs.



Click the image above to check our CBHS Wellness page and Virtual Wellness Center.

guided meditation



CLEAR YOUR MIND

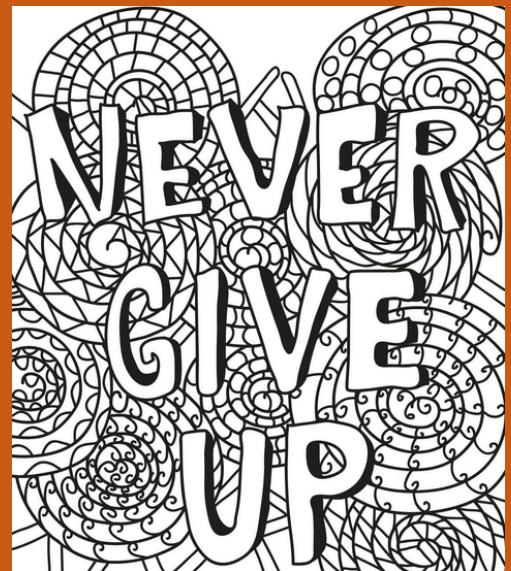
Click the image above for a mindful meditation.

"It is during our darkest moments that we must focus to see the light."

—Aristotle

This Week's Affirmation

I will ask for help when I am in pain.



In the mood to color?
Click the image above and enjoy.

988 SUICIDE & CRISIS
LIFELINE