

How does your garden grow?



DETAILS:

Taking care of something, eating healthy and setting goals are important corner stones of honoring your mental health. Join us as we set up edible gardens and discuss the benefits of setting goals for yourself and how that can have a positive impact on your mental health.

Be sure to RSVP right away, space is VERY limited.

**Seneca Clubhouse Cattaraugus
and
Seneca Clubhouse Allegany
January 4th
Call for times and to RSVP!**

**This event is youths ages
12 - 17. RSVP to:
Jennifer Stebbins
716.532.5583 ext. 5433
jstebbins@senecahealth.org**



Please note that any event that is in-person or requires material pickup, will follow COVID-19 safety protocols. Please wear a mask and observe the six-foot social distance rule.