

MENTAL HEALTH

TEEN MINDFULNESS NIGHT



**How do you honor your mental health?
Join us for Teen Night at the Clubhouse as we explore
a multitude of mental health activities like:
MINDFULNESS | YOGA | MEDITATION**

**Tuesday, May 3rd
Both Seneca Clubhouses
Call to RSVP and for
times!**

**This event is for youths
ages 12 - 17
RSVP to:**

Jennifer Stebbins

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NATIVE 
connections
Honor your journey.



SENECA NATION
HEALTH SYSTEM