

Rooted in Connection

Mental Wellness Workshop

Learn practical tools to:

- Manage stress and overwhelm
- Understand your triggers
- Build stronger relationships
- Support your mental health
- Strengthen connection in your community

Includes art, movement, music, and hands-on activities.



February 17-19, 2026

TIME:

9:00 AM – 4:30 PM

LOCATION:

NND Multi-purpose Room

Breakfast and Lunch Provided

Contact Mackenzie for more information at 867-383-0187