



# Self Care Sunday

Saint Helen's Mental Health Ministry invites you to an open house to learn more about various forms of self-care, and the amazing resources at our parish and in our local community!

We will have information tables and light refreshments!

**Sunday October 29, 2023**  
**9:00am to 1:30pm in the gym**

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More information :  [lmigneco@sainthelen.org](mailto:lmigneco@sainthelen.org)  [lgreenop@sainthelen.org](mailto:lgreenop@sainthelen.org)