

# BE KIND to YOURSELF

(and Others!) Mental Health Fair

presented by



Sunday, September 22, 2024 at Westerville Community Center

Join us and BEEEE KIND to yourself and others!

Have you heard the buzz about our annual Be Kind to Yourself (and Others!) Mental Health Fair?

Along with our co-presenters, The Beehive Alliance, we invite you and your kids to explore activity stations focused on mental health at your own pace.

We will have self affirmation photos, worry stones, feeling jars, yoga, and more. Above all, it is sure to be a fun-packed afternoon! And what is one of the most important components of our mental health? JOY!

**REGISTRATION OPENS ON AUGUST 1ST:**

Scan the QR code for your preferred shift or visit [seedsofcaring.org](https://seedsofcaring.org) to sign up!

1PM



2:30PM



Seeds of Caring empowers kids ages 2-12 to create a kinder community with their hearts, hands, and minds.

Learn more at [seedsofcaring.org](https://seedsofcaring.org)