



October 2020 is Mental Wellness Education Month at The Palms. Each week this month, you will be provided with information you can use to become aware of the stigma associated with mental health.

You are not Alone: Writing the Psalms

Kay Klinkenborg will guide us to write our stories of healing, resiliency, and journeys to wholeness no matter where we are on the pendulum of mental wellness. View the videos: [Part One](#), [Part Two](#).

Access a PDF of the PowerPoint [here](#).