

spend time with family, friends & pets



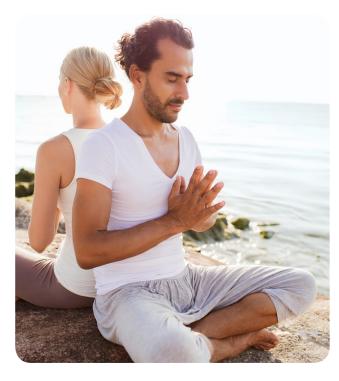






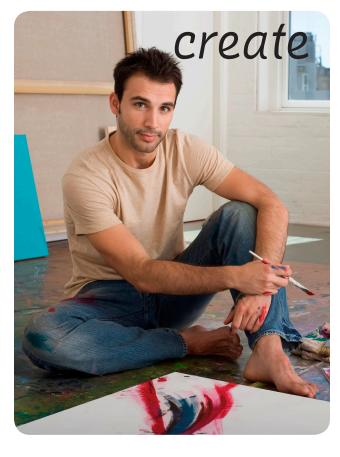
## Taking Care of Our Mental Health





## be mindful









#mindsmatter@kprdsb