

With Questions Contact:
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Buffalo Hope COMHPS Presents

JOURNALING 101

Attend **4 FREE** consecutive workshops to expand your mental health toolkit.

WEST SENECA LIBRARY

FEB 3RD 3:30 p.m.
MAKERSPACE

FEB 10TH 3:30 p.m.
MAKERSPACE

FEB 17TH 3:30 p.m.
MAKERSPACE

FEB 24TH 3:30 p.m.
MAKERSPACE

FOR MORE
DATES &
LOCATIONS AND
TO REGISTER

*For Ages 16+

