

Root & Rise
presents



Nature & Art as Therapy

Are you in need of unique mental health support?

Are you a family member or friend of someone with a mental health diagnosis, a mental health professional, or an interested community member?

Please join us!

**Tuesday, September 7th &
October 5th**

at 10:30am -12:00pm

**Kahuku Park Pavilion,
Ocean View**

In this group, we will use nature and the arts to address mental health well-being.

Connecting with nature, personal creativity, and community can reduce stress, improve our mood, and restore hope.

FREE & open to anyone 18 years and older.

Light snacks provided. Just show up!



The goal of this Root & Rise pilot group is to provide a creative outlet for those seeking mental health support, to build community around mental health awareness and destigmatization, and to start the conversation about improving adult mental health services in South Kona and Ka'ū.

For more info contact Aliza McKeigue at 617-543-8065

visit rootandrisehawaii.com

COVID safety
protocol
observed

