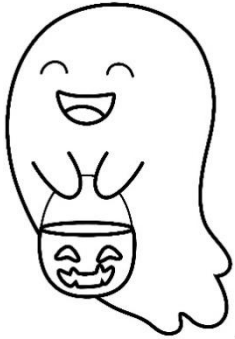




Don't Ghost your Feelings!



Free Community Event -Designed for ALL ages!

Join us for a “spooky” good time
as we walk the trail of activities and discoveries!

- * Learn coping skills
- *Uncover personal strengths
- *Discover new techniques for self-regulation

Snacks and drinks provided

Date: October 25, 2025
Time: 1pm -3 pm
Location: Sedgwick County Park
6300 W. 13th Street North
(13th street entrance)

www.mhasck.org

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685-1821

MHA
Mental Health America
of South Central Kansas

Make a ghost keychain/bracelet to take home

