

#TakeAStep



During **#mentalHEALTH awareness month**, join us to **spread awareness**, educate others about warning signs and resources, and **eliminate the stigma** from asking for help.

*Swap out your laces
for a green pair!*

Suggested donation \$2

TO PARTICIPATE, CONTACT:



NORTHERN
RIVERS

PROCEEDS WILL BENEFIT NORTHERN RIVERS'
NEW BEHAVIORAL HEALTH CARE CENTER.