

Mental Health Raccoons



Creative Outlet



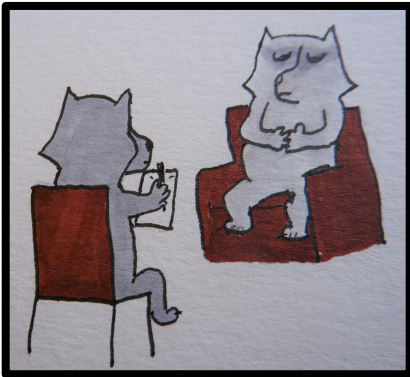
Healthy Diet



Sun and Air



Exercise



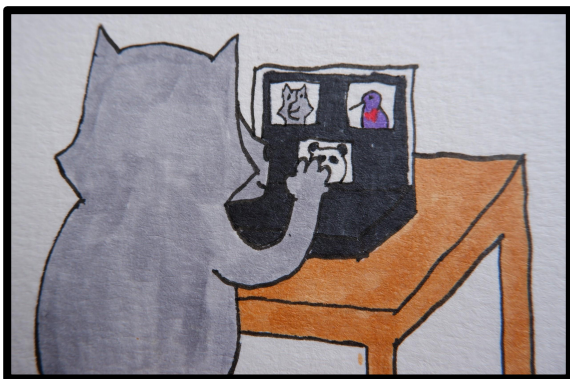
Counseling



Humour and Laughter



Routine



Social Interaction/Reaching Out



Meditation/Prayer