

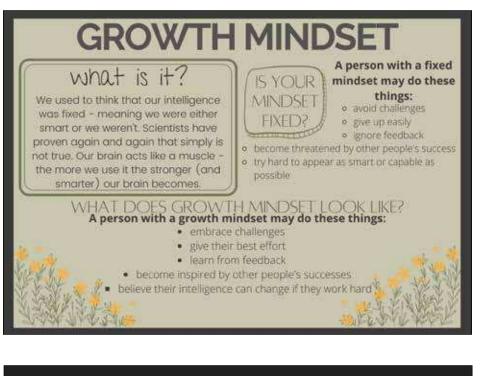


HEALTH & WELLNESS

CENTER

THE DESIGNATED AREA IN FRONT OF THE CLINIC IS FOR LOADING AND UNLOADING ONLY.





It's never too late to heal from addiction.

Have a courageous spirit. Reach out now, for you and your children.

Grand Ronde Health & Wellness Center Behavioral Health Program 9605 Grand Ronde Rd. Grand Ronde, OR 97347 503-879-2026





Neuroplasticity

the science behind growth mindset

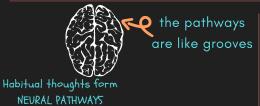




STUCK IN A Every time you have the Same thought, you increase the chances of having it DATTERNO again!









can create new pathways

continue doing this to deepen

Choosing positive thoughts

just like exercise

It takes practice and daily commitment

Fridays from 1:00-1:45pm

JOIN US FOR A VIRTUAL Q&A SESSION WITH THE GRAND RONDE PEDIATRICIAN, ALLISON EMPEY

This will be a chance for anyone and everyone to ask questions regarding COVID, schools opening back up, prevention strategies and more! Allison will also be bringing specific topics to some of our meetings.

TO JOIN THIS MEETING GO TO ZOOM.COM AND ENTER THE MEETING ID: 985 3509 1471 AND PASSCODE: 882758