

# April Newsletter '25



## NEWS

This month, Post21 celebrated World Health Day, the participants learned about the importance of mental and physical health; watching informational videos as well completing themed activities such as child yoga and sensory meditation.

Post21 also acknowledged Earth Day, the participants learn about the importance of sustainability. As well as, completing engaging crafts and baking activities, such as our 'Edible layered soil and planting kidney and pinto beans. As the participants tracks the growing process.

### UPCOMING DATES:

- MOTHER'S DAY - 11
- MENTAL HEALTH AWARENESS WEEK - 13-19
- VICTORIA DAY - 19 (NO POST 21)

### BIRTHDAYS:

- ENO - 01
- KEVIN - 20



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