

Wellness Wednesdays



Joseph Connors Senior Center
28 Paterson St. | Community Center

April 26th | 11:15am

You've Got You- A Conversation About Mental Health

- Tips on how to improve your personal mental wellness.
- Gain skills to identify & understand mental health issues.
- Learn about available tools for those in crisis.
- Boost your confidence to help individuals in distress.



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