

Aging Vibrantly Adults

Mental Health Awareness Training



20% of people age 55 years or older experience some type of mental health concern including feelings of depression and anxiety.

This MHAT program helps individuals better understand mental health. Participants will gain knowledge, skills, confidence, and resources. These trainings will guide both care givers and older adults to better navigate through life so we can all age healthy and vibrantly.

East Bay Regional Coalition provides these trainings at no cost for the East Bay region.

September 13th, 10:30 - 11:30 AM at the East Providence Senior Center 610 Waterman Ave, East Providence, RI and receive a 25.00 gift card to Stop & Shop or Shaws

To register for training or for more information please contact Steven Eiland, MHAT Project Director at eastbaymhat@gmail.com or call 401-247-1900 ext. 346



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