



**MENTAL HEALTH
AWARENESS
TRAINING**

PROVIDED BY THE EAST BAY REGIONAL COALITION

STRONGER TOGETHER

An introduction to understanding, recognizing, and addressing mental health in your community.



Information Included:

- Recognizing Mental Health Concerns
- Effective Tools for Communication
- Promoting Mental Health
- Accessing Resources



Workshop Audience:

For anyone interested in learning more about mental health and effectively addressing mental health concerns in a personal or professional context.

Support friends, family, & coworkers by attending one of these FREE trainings on October 26, 2022:

**Seniors & Staff Members:
9:30 am - 11:30 am**

**All Community Members:
4:30 pm - 6:45 pm**

at the **East Providence Senior Center** (610 Waterman Avenue • EP)

Register for either training online: bit.ly/3xSTIJD

Or by calling the Healthy Aging Nurse Coordinator at 401-270-1792



For more information, please email our Program Director at EastBayMHAT@gmail.com.
To find out more about other programs we offer, please visit www.EastBayMHAT.com.

