



DECEMBER 2023

A MESSAGE FROM NEWTON CCW

This Holiday Season, Newton CCW encourages residents to care for themselves and their loved ones. The holidays can be filled with joy and celebrations, and for some, can trigger difficult emotions, thoughts, or behaviors that affect mental health and substance use. If you or someone you know is struggling, there are resources to help. Visit [SAMHSA](https://www.samhsa.gov) for more information on treatment and recovery services, and to find support groups.



Newton Coalition
for Community Wellness
Addressing Substance Use with Care,
Compassion and Connection

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