

City of Newton, MA



Public Health
Prevent. Promote. Protect.

Co-hosted in partnership with
City of Newton, Health & Human Services
and Families for Depression Awareness



ADDRESSING FAMILY STRESS AND DEPRESSION

Does your family have the tools they need to address life's stressors?
Join us to learn about self-care and mental health so you can help your
family get on the path to wellness.

Free virtual workshop
for parents and caring adults!

Tuesday, October 26, 2021

6:30 pm to 8:00 pm ET

Register today!

<https://bit.ly/NewtonFFDA>

Families for Depression Awareness helps families recognize and cope with depression and bipolar disorder to get people well and prevent suicides. Visit www.familyaware.org to learn more.