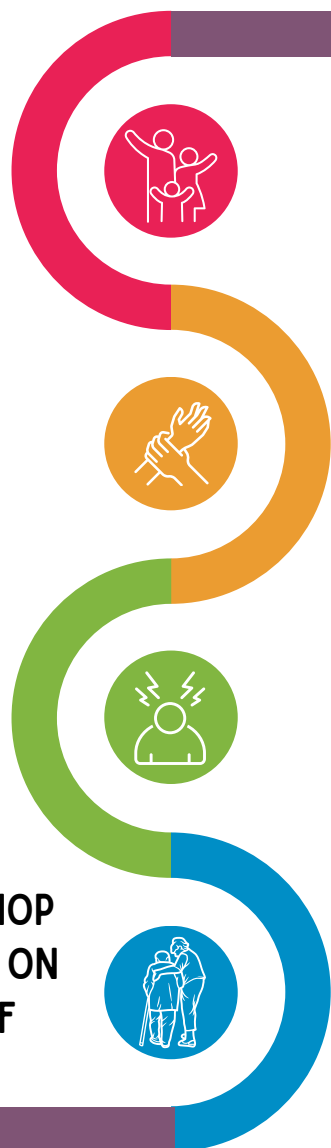


# JOIN US FOR A MONTH OF HEALTHY-LIVING WORKSHOPS ADDRESSING A RANGE OF MENTAL HEALTH NEEDS!



PRESENTED BY  **ENVISION**  
Wellness WNY



SUPPORTING FAMILY MEMBERS  
AND FRIENDS WITH MENTAL  
HEALTH

**May 3**  
**3-4pm**

DOMESTIC VIOLENCE  
AWARENESS AND SUPPORT

**May 10**  
**3-4pm**

MANAGING STRESS

**May 17**  
**3-4pm**

OLDER ADULTS AND MENTAL  
HEALTH

**May 24**  
**3-4pm**

MENTAL HEALTH PANEL

**May 31**  
**3-4pm**

WORKSHOP  
DETAILS ON  
BACK OF  
FLYER

**NO REGISTRATION NECESSARY~ ALL ARE WELCOME!**



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## SUPPORTING FAMILY MEMBERS AND FRIENDS WITH MENTAL HEALTH

**May 3  
3-4pm**

MANY OF US HAVE PEOPLE IN OUR LIVES THAT ARE STRUGGLING BUT WE ARE NOT SURE HOW TO PROVIDE SUPPORT. YOU WILL LEARN HOW TO SUPPORT THOSE CLOSEST TO YOU AND BE ABLE TO RECOMMEND RESOURCES THAT WILL ADDRESS THEIR NEEDS.

## DOMESTIC VIOLENCE AWARENESS AND SUPPORT

**May 10  
3-4pm**

IN THIS DISCUSSION, YOU WILL LEARN ABOUT THE RED FLAGS AND WARNING SIGNS OF DOMESTIC VIOLENCE AS WELL AS RESOURCES TO HELP YOURSELF AND OTHERS. TOPICS COVERED MAY INCLUDE CYCLES OF VIOLENCE, PATTERNS OF ABUSE AND HEALTHY RELATIONSHIPS.

## MANAGING STRESS

**May 17  
3-4pm**

STRESS IMPACTS ALL OF US; JOIN US AND LEARN SKILLS TO HELP MANAGE EVERYDAY STRESS. STRESS CAN LOWER YOUR IMMUNE SYSTEM, EXACERBATE EXISTING HEALTH CONDITIONS, AND INTENSIFY MENTAL HEALTH SYMPTOMS. YOU WILL LEAVE WITH TOOLS TO KEEP IN YOUR BACK POCKET.

## OLDER ADULTS AND MENTAL HEALTH

**May 24  
3-4pm**

THE GOOD NEWS IS THAT WE ARE LIVING LONGER, AND STRONGER. AS WE AGE, WE MIGHT NEED SUPPORT IN ORDER TO MAINTAIN OUR DESIRED LIFESTYLES. WE WILL PROVIDE SOME TIPS AND TRICKS TO AGING WELL AND WILL PROVIDE RESOURCES FOR ANYONE NEEDING ADDITIONAL SUPPORT.

## MENTAL HEALTH PANEL

**May 31  
3-4pm**

THIS IS AN OPPORTUNITY TO ASK OUR PROFESSIONAL CLINICIANS QUESTIONS RELATED TO MENTAL WELLNESS. WE WILL HAVE A TEAM OF COUNSELORS, ALL OF WHOM COME TO THE TABLE WITH THEIR UNIQUE EXPERTISE AND YEARS OF EXPERIENCE. JOIN US FOR A DYNAMIC DISCUSSION AND COME PREPARED TO ASK ANY QUESTIONS YOU MAY HAVE.



**NO  
REGISTRATION  
NECESSARY-  
ALL ARE  
WELCOME!**