



Families for Depression Awareness

Does your family have the tools they need to address life’s stressors? By being knowledgeable about self care and mental health, you can help your family get on the path to wellness. During this training, participants will learn how to identify symptoms of stress in themselves and family members, manage stress as a family, respond when symptoms become “more than stress,” and get help for themselves or a family member.

**Registration form for in person Addressing Family Stress:
<https://familyaware.wufoo.com/forms/addressing-family-stress-workshop-registration/>**



W E D N E S D A Y

J U N E 8 T H , 2 0 2 2

7 : 0 0 - 8 : 3 0 P M

Hopkinton Public Library, 13 Main Street, Large meeting room

This program is planned in person. If COVID rates dictate a switch to a virtual format you will be sent a link.