

MENTAL HEALTH AWARENESS: BUILDING BLOCKS OF RESILIENCE



SUNDAY, MAY 19 | 2-4 PM |
WESTWOOD COMMUNITY
CENTER
55 JEFFERSON AVENUE
WESTWOOD, NJ 07675

*Mayor John Birkner Jr. welcomes the Northeast Counties
Association of Psychologist panel of speakers*

Panel of Speakers Includes

Robert McGrath, Ph.D.

*Director FDU School of Psychology; Director,
Integrated Care for the Underserved*

Stephanie Coyne, Ph.D.

Psychologist; Past President NJPA

Kathryn Werheim, MA, MPA

Director Community Resources, Bergen's Promise

Topics include:

Self Care

Healthy Coping with Life's Problems

Stress Management

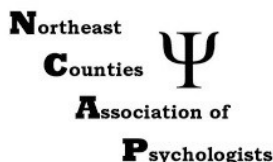
Mind/Body Connection

Crisis Intervention

When to seek professional help and how to find it

Community resources for families with or without insurance

MAY IS MENTAL HEALTH AWARENESS MONTH



NEW JERSEY
PSYCHOLOGICAL ASSOCIATION