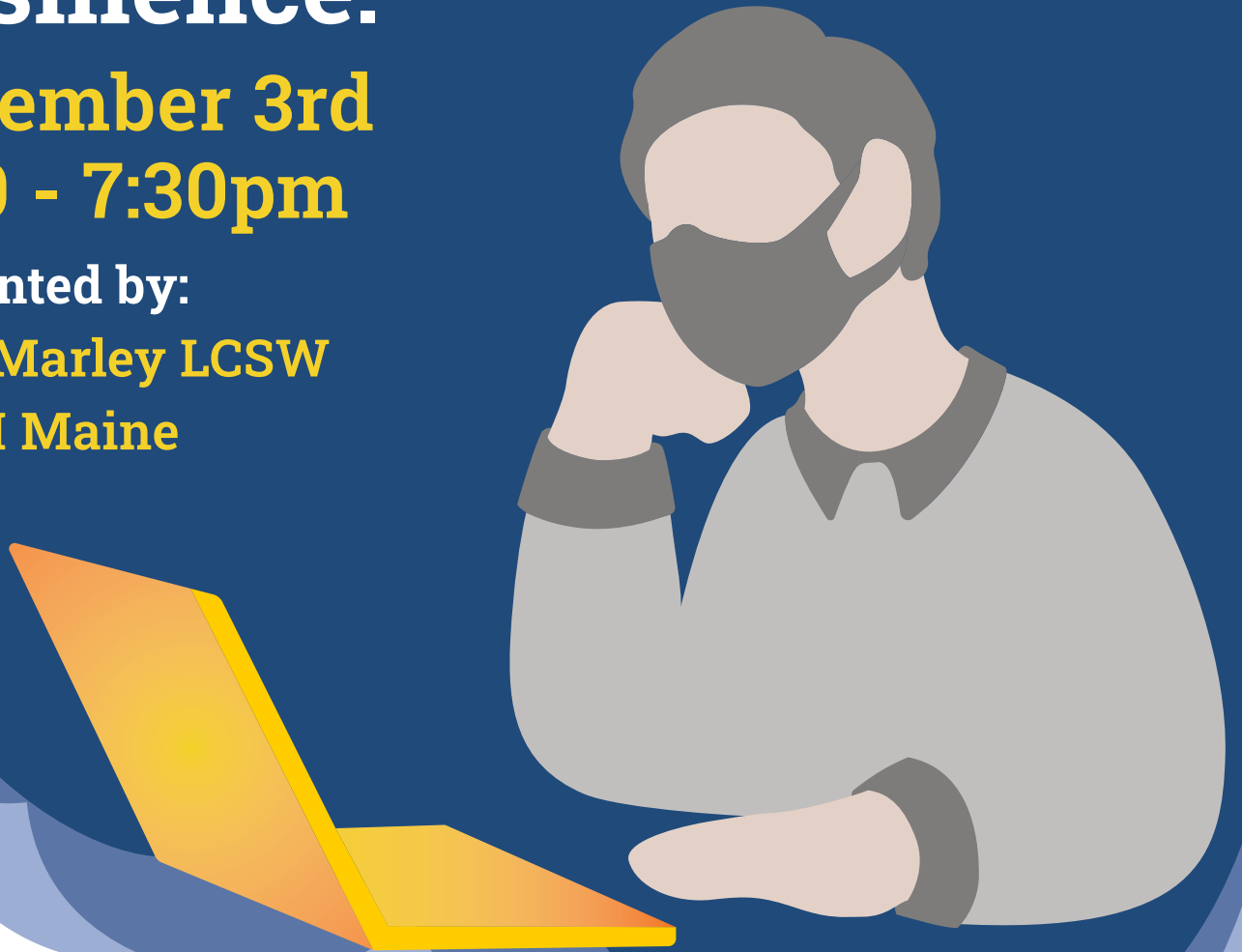


Coping with COVID: Balancing the Stress with Resilience.

December 3rd
6:00 - 7:30pm

Presented by:

Greg Marley LCSW
NAMI Maine



Register for the Meeting on Our Website:

Follow this link or find the event on our calendar:

<https://www.namimaine.org/events/cwc12320>

Join us to learn about managing your mental health during this difficult time and to get information about resources and supports available to you.

Sponsored by Mid Coast Hospital Center for Community Health & Wellness, made possible by SAMHSA grant #5H79SM081060

For more information please contact the Suicide Prevention Program Coordinator at mspp@namimaine.org