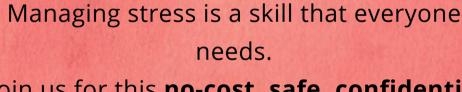


CALM CONNECTIONS

A group hosted by the Mental Health Association of Atlantic County



Stress is a natural part of life, from studying for an exam to moving to a new home. Without strategies to properly reduce your stress, stress can negatively impact your mind, body, and spirit.



Join us for this no-cost, safe, confidential space where individuals come together to share their experiences, challenges, and coping strategies related to stress



Where: 244 E White Horse Pike,

Galloway, NJ 08205

When: 1:30pm-2:30pm

every Thursday

Register by calling 609-652-3800 or email

azappala@mhanj.org or

jgimbel@mhanj.org







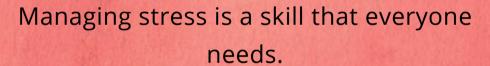


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