

# 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.

Managing stress is a skill that everyone needs.

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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**Become a member here!**

