

FREE WORKSHOPS AT SETH BOYDEN ELDERLY 130 Dayton Street Community Room



MARCH 27, 2014

1:30 - 3:00PM > PROMOTING EMOTIONAL WELLNESS & SPIRITUALITY

Explore the connection between your emotional and spiritual wellness

APRIL 30, 2014

4:30 - 6:00PM > STRESS MANAGEMENT

Signs and Symptoms of mental health problems and what to do about your stress

MAY 29, 2014

10:00 - 11:30am > CONSIDERING WORK

What needs to be in place prior to starting a successful job search

To Register Call: I. Jenkins (973)242-2426, E. Culver (973)799-2880,

A. Gordon (862)755-5485, L. Washington (973)242-0199 or All Managers' Offices

Presented by: NHA Choice Neighborhoods Initiative, in conjunction with Mental Health Association of NJ and NHA Residents Advisory Board



REFRESHMENTS SERVED

