

Let's Talk MENTAL HEALTH

You and your family member's mental health is important!

with Ralph Turenne, Chief Executive Director
of Aspire TMS Clinic in Plainville

**Thursday, January 23
at 6:30pm**

Ralph will be leading a discussion about mental health challenges, recognizing signs within families and friends, and providing guidance on how to check in with others. Ralph and other providers will be here to answer your questions and provide guidance on where mental health resources can be found in our community.



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