

Promoting Mental Health and Wellness in our Community: Accessing Information and Resources

*Mental Health challenges have soared post-COVID.
How can we enhance our wellbeing during these pivotal times?
Join the Inclusivity Committee for a conversation with
local organizations to learn about the resources available
in our community.*

Tuesday, May 16 at 7:00 PM
Levin/Bailis Room



We will hear from representatives from the National Alliance on Mental Illness, Tikvah, and Jewish Family and Children's Services. Each organization will present on the work that they do and how we, as a congregation, can promote mental wellness and break down barriers to treatment.



Refreshments will be served.

*If you have any questions, please email
inclusivity@harziontemple.org*

