



Making Connections - Promoting Positive Mental Health

Sponsored by: the Somerville Committee on Suicide Prevention and Mental Health

Thursday October 8th 5:30—7:00 pm
Health Department, 50 Evergreen Ave., Somerville



ROAD

A program created by women for women

Please join us for a discussion on the intersect between poverty and depression and learn more about a program developed by women for women to address these specific concerns. ROAD—Reaching Out About Depression is a program of the Cambridge Health Alliance's Department of Community Affairs developed to address issues of depression and economic stress. Through information, support and advocacy ROAD strives to assist women in reaching their self defined short and long term goals. ROAD offers confidential workshops on finances, healthy relationships, self confidence and healthy communication as well as offering supports around self-advocacy and connecting with community resources. ROAD can help women address immediate needs such as housing, debt, layoffs and parenting issues as well as planning for the future.

This will be an information session and discussion and is open to anyone interested in learning more about the impact of economic stress and depression and the ROAD program.

This is a FREE program and will be held at the City Hall Annex, 50 Evergreen Ave., Somerville, MA. Registration is required—

To register please contact Patty Contente at 617-625-6600 ext. 4325 or pcontente@somervillema.gov

