

**New  
Time!!**



## *Reminder*

**IT IS OKAY TO ASK FOR  
SUPPORT.**



~ Available free to residents of Essex, Hamilton, Wenham & Rockport ~ Private & Confidential ~ Meet to discuss concerns and learn about resources ~ Gain Strategies & skills to assist in stress reduction & management ~

## **REGIONAL SOCIAL WORKER**

### **2026 Drop in Office Hours at HW Library**

**2nd Floor, Phoenix Room: 2nd & 4th Thursday, 11am-2pm**

**OR schedule for a different time/place**

By phone, text, email or QR code Below

Regional Social Worker  
Appointment Request



**Jessie Palm, LICSW** Eastern Essex  
**JPalm@hamiltonma.gov** Regional Public  
**978-983-1771** Health Coalition

Rockport Essex Hamilton Wenham

