

**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**
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978-983-1771 **Health Coalition**



Rockport Essex Hamilton Wenham