



## 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 DROP IN OFFICE HOURS HAMILTON WENHAM LIBRARY**

**2nd Floor, Phoenix Room: 2nd & 4th Tuesday, 9:30-12:30  
or schedule an appointment: Email, call or scan QR code.**

Regional Social Worker  
Appointment Request



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



Rockport Essex Hamilton Wenham