



Reminder

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



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

REGIONAL SOCIAL WORKER OFFICE HOURS

2nd & 4th Tuesdays, 10:30am-12:30pm
or by appointment

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978-983-1771 Health Coalition



Rockport Essex Hamilton Wenham