

Mental Health Essentials for Young Adults



with Mental Health Collaborative

Young adults will learn strategies for healthy coping and self-care, how to recognize the signs and symptoms of mental illness and when to get professional help, how to develop healthy relationships, how to manage transitions during this stage of life, how to design a fulfilling life as they move into independence, and much more!



Wednesday, May 17th 2023, 7:00 pm - 8:30 pm

Betty Strong Room, Hopkinton Public Library

Register Here: <https://forms.gle/9box5ik5jYox1hMq9>

Sponsored by Hopkinton Youth & Family Services • For questions, contact Sarah Randall (srandall@hopkintonma.gov) or Marissa Carty (marissa@mentalhealthcollaborative.org)