

Stress Management & Self-Care In A Pandemic

Tuesday July 7, 7:00 – 8:00 pm

Online via Zoom.

Learn skills on how to cope and take care of your mental and emotional health during this unprecedented time.

Beth Signore, LCSW from Family Service League's caregiver support and education program will speak.

Open to all Suffolk County residents. The program provides group and individual counseling.

ALL SERVICES ARE FREE OF CHARGE.

[Click here to register!](#)

Remember to add your email address.



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