

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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