



# The Holidays and Mental Health

Presented by the Maine Children's Home

**December 6, 2023 from 6:00-7:30 pm**

at the Alfond Youth & Community Center

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Please join us for a 1 hour FREE workshop with time for questions and discussion after. This workshop is for anyone interested in understanding the trauma, loneliness, and stress that can be rough on by the holiday season, and the impact of the season on overall mental health.

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Childcare & dinner for youth will be provided.

**Please RSVP to Chrissy Johnson at 207-873-0684**  
**[cjohnson@clubaycc.org](mailto:cjohnson@clubaycc.org)**

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**BELONG BELIEVE ACHIEVE**