

VIRTUAL & IN-PERSON

Free Mental Health Workshops:

Educating, Engaging, Resourceful
Supporting individuals of all ages

November 3: Healthy Boundaries for a Healthy Mind During the Holiday Season

Learn practical ways to set emotional and relational boundaries to reduce stress and protect your mental well-being during holiday gatherings and seasonal demands.

December 1: Persona Switch Holiday Role-Play: Building Empathy

Step into someone else's shoes through creative role-play. Explore how different people experience the holidays and learn ways to respond with compassion.

Note: Limited Spaces
Registration and confirmation is required!

Servicing Hunterdon, Morris,
Somerset, Sussex & Warren
Counties

Join us!

Light refreshment &
snacks provided



**First Monday of
Each Month**

5:30 PM - 6:30 PM

In-person:
350 Marshall Street
Phillipsburg



SCAN TO REGISTER

For Questions or Partnership
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NORWESCAP
Creating Opportunities. Changing Lives.