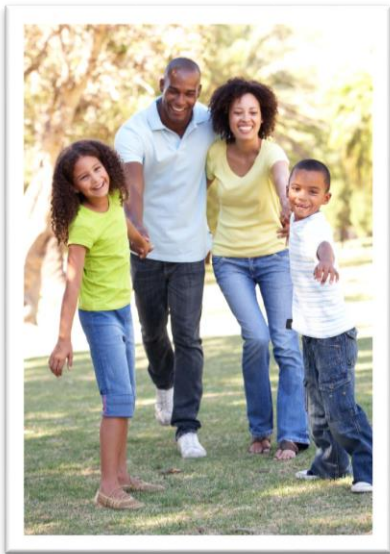


Building Self Care and Psychological First Aid

This meeting is intended to provide individuals with concrete tools to build and maintain resiliency and to develop an understanding of the impact of trauma and to practice self-care planning.

COMMUNITY
MEETINGS
2017



YOU'RE INVITED!

P R E S E N T E D
B Y

The Connecticut Behavioral Health Partnership (CT BHP) and Justice Resource Institute of MA

October 10, 2017
12:00 – 2:00 p.m.
CT Behavioral Health Partnership
Harford Room
500 Enterprise Dr., 3D
Rocky Hill, CT 06067

Nov. 9, 2017
12:00 – 2:00 p.m.
CT Behavioral Health Partnership
Huntington Room
500 Enterprise Dr. 3D
Rocky Hill, CT 06067



**Please RSVP by
Telephone or e-mail
Seating is limited**

860.263.2172
877.552.8247 X 302172
ctbhp@beaconhealthoptions.com

 **Connecticut BHP**
Supporting Health and Recovery