

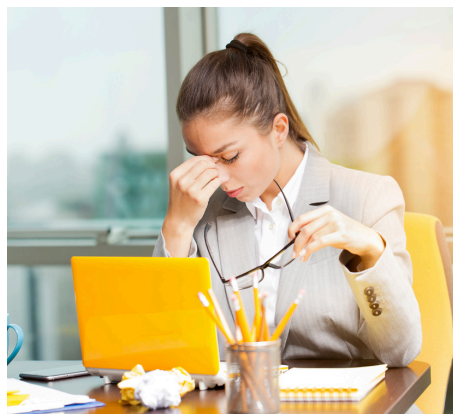
# Caring for Your Mental Health: Coping with Anxiety and Mood Disorders

An Englewood Health **Live Well** Workshop in collaboration with the  
Guttenberg Human Services Department

**FREE PROGRAM!**

Wednesday, July 1<sup>st</sup> from 6:30pm – 7:30pm

Guttenberg Resource Center  
7002 JFK Blvd E Unit 115  
Guttenberg




Many people experience stress, anxiety, or changes in mood that can affect how they feel day to day. Join Licensed Clinical Social Worker, Yaranil Ferrer, from Englewood Health for a supportive and engaging conversation about mental health, with a focus on anxiety and mood disorders. This program will help participants better understand these common challenges and learn practical, everyday coping tools to manage stress, improve emotional well-being, and build resilience. This session is open to all and designed to provide helpful strategies in a safe, welcoming environment.

**Light refreshments will be served.**



Led by  
Yaranil Ferrer,  
LCSW, PMH-C

## FOR MORE INFORMATION OR TO REGISTER

 **Call:** 201-868-2315 Ext. 136

 **Email:** [ctrejo@myguttenberg.com](mailto:ctrejo@myguttenberg.com)

**ADVANCE REGISTRATION IS ENCOURAGED,  
AND WALK-INS ARE WELCOME.**



ENGLEWOOD HEALTH  
**LIVE WELL**

healthy living programs, classes, and support