

# Wallingford Wellness Series:

## Taking Care of Your Mental Health

— Presented by Masonicare, Wallingford Health Department & Wallingford Public Library —

**October 23rd at 2pm — or — October 25th at 5:30pm**  
Wallingford Public Library, The Collins Room  
200 North Main Street, Wallingford, CT

In this presentation, you will learn how various life stressors can impact your mental health and what skills you can utilize to take care of your mental wellness. In addition, symptoms of anxiety and depression will be reviewed, along with coping skills for managing symptoms, and the importance of self-care.

### Guest Speaker:

Michele Kieras, LCSW, CDP, serves as Director of Social Work and Facility Education and Customer Service Regional Manager at Connecticut Mental Health Specialists.

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