



OceanMHS

announces

## Path to Renewal

Are you feeling stressed, overwhelmed, sad, angry, or just generally out of sorts since Hurricane Sandy? If so, we can help today.

Ocean MHS has counselors available and waiting to help you now. Whether you need a brief individual service, access to groups, or longer term assistance we will design a program to meet your specific needs.

We also have speakers to meet with groups including parent/teacher organizations, workplace in-services, Hurricane Sandy volunteers, community centers and more. These presentations will include information regarding coping skills, stress management, signs of trauma, and community mental health resources. Topics can be added upon request.

For more information or to schedule an appointment please call

Jessica Husko at 732-228-0486

Susan Calavano at 732-221-1492

This program was funded in part by a grant from the Robin Hood Foundation.

