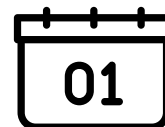


WELLNESS WEDNESDAY

Resources For Residents Seeking Mental Health-Related Assistance



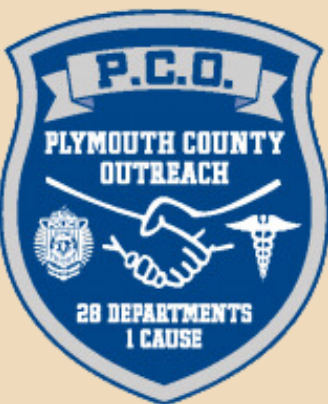
New flyer available on the 1st Wednesday of each month!



'Tall Cop' Talks Recognizing Substance Use Issues Friday, May 19 from 8:30-11 a.m.

Join Jermaine Galloway, a.k.a. the Tall Cop, at the Sandborn Auditorium in the Hingham Town Hall as he uses his practical advice and knowledge to teach parents, law enforcement, and community members about how to understand and address substance use issues and how to prevent them.

To register visit <https://bit.ly/3APc1QS>



Community Narcan Training

Thursday, May 25 from 5:30-7 p.m.

Learn about the Plymouth County Outreach Program, overdose prevention training, and a question and answer session on substance use and recovery at the Hingham Fire Headquarters, 339 Main Street. All participants will receive free Narcan and harm-reduction tools.

To RSVP, email Lisa McCracken at McCrackenL@hpd.org.

Question, Persuade, Refer: A Suicide Prevention Training

Tuesday, June 6 from 6:30-8 p.m.

Join us for an informative training to teach "gatekeepers" the warning signs of a suicide crisis and how to respond using the QPR method. All trainees will receive a QPR booklet and wallet card as a review and resource tool with local referral resources.

To learn more about the training visit <https://bit.ly/42i1yZL>



South Shore Family Network Family Activities

The South Shore Family Network hosts various free local workshops for parents, childhood fairs, parent-toddler playgroups, and events across the South Shore.

To learn more and register, contact a South Shore Family Coordinator at 508-747-7575 ext. 6247.

