



C.A.R.E.S Initiative  
Methuen Police Department  
Sanborn Hall  
90 Hampshire Road  
Methuen, MA 01844

## “Wellness Wednesdays”

10:00 a.m. – 11:30 a.m.

*~A process to begin mental health wellness ~*

C.A.R.E.S. welcomes the opportunity to explore ways to your own personal journey to mental health wellness. Our goal is for individuals to enhance their mental health and begin to design a wellness plan that leads to inner-peace and happiness.

WELLNESS WEDNESDAY'S offers support from Community Engagement Specialists & Clinicians of Arbour Counseling Services in a healthy environment with weekly classes to create and enhance a healthy lifestyle.

- On-site Clinicians
- Level-of-care assessments
- Weekly check-in
- Mental Health & Wellness classes
- Monthly Mindfulness



## JULY

- 7<sup>TH</sup> OPEN HOUSE  
14<sup>th</sup> GRIEF OF LOSS  
21<sup>st</sup> ANXIETY  
28<sup>th</sup> MINDFULNESS

## AUGUST

- 4<sup>th</sup> COPING SKILLS I  
11<sup>th</sup> COPING SKILLS II  
18<sup>th</sup> COPING SKILLS III  
25<sup>th</sup> MINDFULNESS

## SEPTEMBER

- 1<sup>ST</sup> SELF-CARE  
8<sup>TH</sup> Cognitive Behavioral Therapy  
15<sup>TH</sup> POSITIVE AFFIRMATION  
22<sup>ND</sup> Building A New Narrative  
29<sup>TH</sup> MINDFULNESS



### Contact Information:

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### EMERGENCY NUMBERS:

- ❖ 9-1-1 – Emergency
- ❖ SAMHSA – 877-726-4727
- ❖ SUICIDE LIFELINE 800-273-8255
- ❖ DOMESTIC VIOLENCE 877-785-2020
- ❖ ELDER ABUSE 800-922-2275
- ❖ CHILD-AT-RISK 800-792-5200

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