

# MENTAL HEALTH AWARENESS: BUILDING BLOCKS OF RESILIENCE



SUNDAY, MAY 19 | 2-4 PM |  
WESTWOOD COMMUNITY  
CENTER  
55 JEFFERSON AVENUE  
WESTWOOD, NJ 07675

*Mayor John Birkner Jr. welcomes the Northeast Counties  
Association of Psychologist panel of speakers*

## Panel of Speakers Includes

**Robert McGrath, Ph.D.**

*Director FDU School of Psychology; Director,  
Integrated Care for the Underserved*

**Stephanie Coyne, Ph.D.**

*Psychologist; Past President NJPA*

**Kathryn Werheim, MA, MPA**

*Director Community Resources, Bergen's Promise*

### ***Topics include:***

Self Care

Healthy Coping with Life's Problems

Stress Management

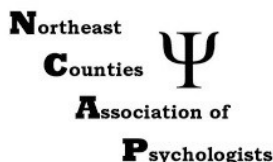
Mind/Body Connection

Crisis Intervention

When to seek professional help and how to find it

Community resources for families with or without insurance

MAY IS MENTAL HEALTH AWARENESS MONTH



**NEW JERSEY**  
PSYCHOLOGICAL ASSOCIATION