

Introducing

MENTAL HEALTH MONDAYS

October 10 has been celebrated as World Mental Health Day since 1992. Its purpose is to raise awareness and to promote education about mental illness.

In recognition of this day, the Ringwood Health Department and the Ringwood Stigma-free Task Force are pleased to announce the first in a series of **Mental Health Mondays** for the Ringwood community.

Hope you can join us on October 7 and 21 at the Ringwood Library from 7 to 8:30pm. The topic will be Anxiety and Depression.

October 7 – Anxiety and Depression in children and adolescents

Presented by Susan Earl, LCSW

Susan Earl, LCSW is a licensed clinical social worker specializing in the treatment of children and adolescents. With more than 20 years experience in private practice, she is an expert in CBT (cognitive behavioral therapy) as well as other treatment modalities.

October 21 – Anxiety and Depression in adults

Presented by Carol Maute, APN

Carol Maute, APN is a psychiatric nurse practitioner who has worked in a variety of settings for more than 20 years. She is currently on staff at St. Clare's Hospital in Denville and maintains a private practice offering holistic as well as traditional psychiatric modalities.

*Please note: these are informational sessions only.
Resources will be provided.*

