



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

7TH OPEN HOUSE
14TH GRIEF OF LOSS
21ST ANXIETY
28TH MINDFULNESS

Contact Information:

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AUGUST

4TH COPING SKILLS I
11TH COPING SKILLS II
18TH COPING SKILLS III
25TH MINDFULNESS



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

SEPTEMBER

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



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C.A.R.E.S. – COMMUNITY
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