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#### **May is Mental Health Awareness Month**

Mental health refers to our emotional and social well-being and impacts how we think, feel, and behave. It plays a role in connecting with others, making decisions, handling stress, and many other aspects of daily life. Everyone has mental health, and it deserves your attention just as much as your physical health does.

## PATIENT ADVISORY GROUP

Join us to discuss how we can better serve you & learn more about MENTAL HEALTH AND TRAUMA AND THE IMPACT IN OUR DAILY LIVES.



Meet Patricia Alvarez, LICSW
Director of Integrated Behavioral Health
May 9, 2024

6pm-7pm via Zoom or In-person (Light dinner will be served) 39 East Avenue, Pawtucket RI 02860

Attend a meeting and receive a \$10 Walmart Gift Card for your participation. (limited seats available)

To join, email us at patientadvisorygroup@bvchc.org or call (401) 312-9878

# WEEKLY SUPPORT GROUP SESSIONS! We are here TO HELP



¡SESIONES SEMANALES DE GRUPOS DE APOYO! Estamos aquí para ayudar sessões semanais de grupo de apoio! Estamos aqui para ajudar

### Reminders



### INFORMATIONAL OUTREACH EVENT NO APPOINTMENT REQUIRED

EVERY MONDAY STARTING APRIL 22ND - MAY 20TH 9:00AM - 11:00AM & 3:00PM-5:00PM @ 1000 BROAD STREET

EVERY TUESDAY STARTING APRIL 23RD - MAY 21ST 9:00AM-11:00AM @ 39 EAST AVENUE

EVERY TUESDAY STARTING APRIL 23RD - MAY 21ST 3:00PM-5:00PM @ 1145 MAIN STREET

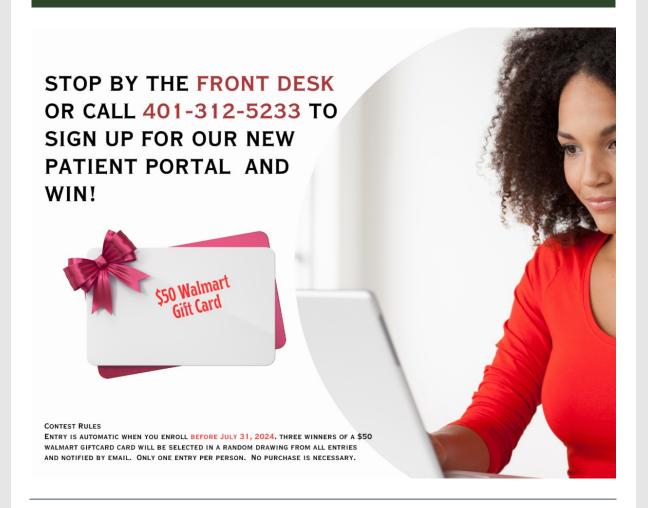
Learn

- · Learn how to become a BVCHC patient
- · Learn about all BVCHC services
- · Learn how to get what you need

Inquire

- Schedule your next visit or vaccine appointment
- Information about our sliding fee scale discount, health insurance coverage and other benefits
- Giveaways
- Sign up for our Patient Portal
- Join our Patient Advisory Group
- · Sign up for our Newsletters
- Connect with us on our Social Media

Get Connected





celebrating 30 years of offering the highest quality, lowest cost health care. Thank you for trusting us with your care.

Blackstone Valley Community Health Care | Website









Blackstone Valley Community Health Care | 39 East Avenue | Pawtucket, RI 02860 US

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