

JANUARY HEZ HAPPENINGS

**Help is here.
And we mean
right here.**

Life can take you down difficult paths. For some of us, those paths can lead to depression, job loss, homelessness, substance abuse, mental health concerns, and other challenges. If you're battling any such issues, we have good news: [Help is available here in our community.](#)

**HELPISTHERE
Bristol**



Help is Here
Bristol is a
program of the
Bristol Health
Equity Zone

East Bay Recovery Center
31 Railroad Avenue
Warren, RI 02885
401-289-2055
Open Mon-Sat



YOUTH MENTAL HEALTH FIRST AID TRAINING

**register
now**

Saturday January 25, 9am-1pm

AND

Saturday February 8, 9am-1pm

BRISTOL COMMUNITY CENTER

101 ASYLUM ROAD, BRISTOL RI 02809



Scan to register

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens **how to help an adolescent (age 12-18)** who is experiencing a mental health or addictions challenge, or is in crisis.

Primarily designed for adults who regularly interact with young people, the course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

<https://www.bristolhealthequityzone.org/registration>



This training is presented in partnership with East Bay Community Action Program (EBCAP)

There is no cost for this training.

Questions? Email
HEZteam@bristolhealthequityzone.org

January recipe - Chicken Shawarma Salad with Lemon Tahini Dressing

featuring Chef Courtney Poissant of the Common Pub & Grille.
The first 40 people to sign in will receive a bag of ingredients to take home!

Wednesday January 29, 5:30pm

Bristol Housing Authority Community Room
Behind Benjamin Church Manor
please park on Chestnut Street

**The February demo recipe will be Mediterranean Bowl at the
Franklin Court Independent Living Community Room**



COOKING DEMONSTRATION



Partnering for a healthy community

For more information
follow us at facebook.com/bristolHEZ
visit us on the web: www.bristolhealthequityzone.org
or send email to:
HEZteam@bristolhealthequityzone.org