

COMMUNITY ENGAGEMENT AND MEMBERSHIP COMMITTEE

STRESS MANAGEMENT

WHEN

Thursday, February 26nd, 2015

6pm - 8pm

WHERE

Julia Martin House

90 Bickford Street, Boston, MA 02130

SESSION 2: STRESS MANAGEMENT Are you looking for ways to decrease your stress? Are you interested in learning why some people are more prone to stress than others? We can help! This session will have members of the Trinity Boston Counseling Center to lead mindfulness exercises, answer questions, and share strategies to help decrease stress in your every day life. **FREE EVENT. DINNER PROVIDED.**

www.bostonalliance.org

BACH is a partnership of neighborhood coalitions, hospitals, nonprofits and community-based organizations, health centers, government agencies,

Questions? Contact Emily Conwell
econwell@hria.org | 617-279-2240 ext 504

Community Learning Opportunities

CEMC's mission is to diversify community partnerships and increase resident involvement in BACH's advocacy and health planning through education, communication, and collaboration that support healthy communities.

CEMC provides educational opportunities for residents, coalitions, and organizations about community health, health equity, and systemic racism.

Month	Topic
All meetings are from 6-8pm	
January 22	Navigating Healthcare
February 26	Stress Management
March 26	Financial Stability
April 23	Healthy Affordable Foods
May 28	Domestic Violence
June 25	Exercising in your Community
July 23	LGBTQ Issues
August 27	Immigrant Leadership
Sept 24	Tenant Rights
October 22	Women's Health

Join us for Making
Healthy Connections,
our Resource Fairs in East
Boston, South End, and
Mattapan that will help you
get connected with and
learn about the resources in
your neighborhood!
<http://tinyurl.com/ml1bmwl>