

Monthly information from MHA Putnam MARCH 2023



MHA News

Let's start getting back together!

In person Drop-in activities

2nd and 4th Tuesday of every month

At Mt. Carmel Baptist Church from 1-4pm

These Tuesday drop-ins will be a casual chance to socialize.

We will always have some activities available.

Tuesday March 14th & March 28th



March is **Irish-American Heritage Month**. March is our opportunity to learn more about this heritage and celebrate its uniqueness. Irish immigrants and their descendants have made many contributions to U.S. society. This month is a time to recognize the obstacles that Irish Americans have overcome and the achievements made through their hands and minds. For more information on Irish-American heritage visit: nationaltoday.com

Anyone can join in the celebration. I was lucky to visit The Blarney Castle in Blarney, Cork, Ireland.

Turn Irish for the month! Immerse yourself in Irish food, music and dance. *Jessica MHA staff*



VIRTUAL GROUPS

"Safe Space" chat group with Tim

Weekly Thursdays 3- 4pm



Family Support Group with Bill

2nd and 4th Wednesday of the month 6:30 to 8pm

Peer Cafe Youth Group with Brittany ages 18-26

Weekly Thursdays at 4pm

Please check out our website: www.mhaputnam.org for links and call in information.



MHA Recovery Coaches are available- Call 845-278-7600

MHA Woman's group "Rise Up" with Bonnie held weekly on Tuesdays at 1pm



This day promotes understanding and banishes judgment of people who suffer in silence. Wear an orange ribbon to display your support. For more information, search **Self-Injury Awareness on nationaltoday.com**