

**FOR IMMEDIATE RELEASE:** Watertown, MA – 3/15/21



## **Stressed? Sad? Exhausted? Join Virtual Mental Health Workshops With the Watertown Free Public Library**

[WATERTOWN] The COVID-19 pandemic has taken a toll on us all. After a trying year, the Watertown Free Public Library, in collaboration with Wayside Youth and Family Services and the Watertown Police Department, is offering a series of virtual mental health workshops, free and open to all. If you are struggling and don't know where to turn, or if you are simply curious about what resources are available in Watertown, these programs are for you.

“The COVID-19 pandemic has ratcheted up all the normal stressors in our lives, and together we are learning how to cope with trauma and build resilience moving forward with a new normal” says WFPL Reference Librarian Emily Levine. “We just want people

to know that they are not alone, and that free mental health support is available in our community.”

WFPL, Wayside, and the Police Department will co-host five workshops this spring. Programs are made possible with support of the Watertown Community Foundation.

### **Coping with Grief**

Thursday, 3/25 | 6:30 PM | via Zoom

Join local therapist Liz Brenner for an hour long session to discuss grief. She will talk about what grief is, how it manifests, and coping strategies.

### **Question, Persuade, Refer Training: A Suicide Awareness and Prevention Workshop**

Wednesday, 4/7 | 6:30 PM | via Zoom

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. Space is limited, please sign up early.

### **Family Strategies: Stress, Isolation, Coping, and More**

Thursday, 4/22 | 6:30 PM | via Zoom

Join local therapist Liz Brenner for an hour-long session to help parents discuss what is challenging in the current parenting environment, and provide resources for current family stressors.

### **Mental Health First Aid Training: *for adults interfacing with adults***

Saturday, 5/8 | 9 AM – 5 PM with break | via Zoom

Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders. This training will give you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

### **Mental Health First Aid Training: *for adults interfacing with youth***

Saturday, 5/22 | 9 AM – 3 PM with break | via Zoom

Register for workshops on the Library’s website: [watertownlib.org/mentalhealth](http://watertownlib.org/mentalhealth)

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### **About WFPL**

The Watertown Free Public Library provides access to a wide variety of popular materials, resources, services, and programs that fulfill the informational, cultural, and recreational needs of Watertown and surrounding communities. Our Library works to create an environment that attracts and welcomes users of all ages and abilities. For more information, visit [watertownlib.org](http://watertownlib.org).

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