

## Mental health



**Mental Health Assistance now available for Seniors:** The Franklin Senior Center has received a grant from the state to retain the services of a Mental Health Counselor, who is available to meet individually with seniors to discuss and assist them with their emotional needs. Because of the grant, these counseling sessions are free-of-charge to seniors. For more information or to make an appointment, please contact the Senior Center at 508-520-4945.

**Bi-Monthly Stress/Anxiety Support Group:** Our mental health counselor will be leading a support group to *“Learn About Stress and Anxiety. Our Response to Stress and How Anxiety Affects Us”*. This group will meet twice a month at the Senior Center. For more information or to reserve your space, please call the senior center at 508-520-4945.