

# Mental Health Workshop Supporting Individuals of all Ages

Virtual & In-Person Options Available



**October**

## Sussex County

**In-Person**

Tuesday, October 15 | 7 pm to 8 pm

71 Sparta Avenue, Sparta, NJ 07871

SAD: Learn More About Seasonal Affective Disorder (SAD)

## Warren, Hunterdon, Somerset, Morris Counties

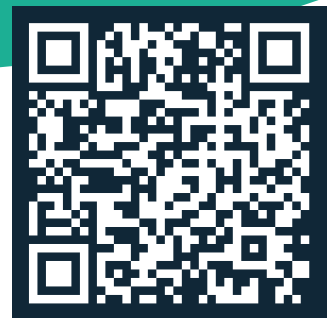
**Virtual & In-Person**

Thursday, October 24 | 5:30 pm to 6:30 pm

In-person: 79 US-202 #200, Ringoes NJ

SAD: Learn More About Seasonal Affective Disorder (SAD)

**REGISTER NOW**



Questions? Contact Denise Kilby (908) 454-7000 x4952 or [kilbyd@norwescap.org](mailto:kilbyd@norwescap.org)

Visit [www.norwescap.org](http://www.norwescap.org) or scan the QR code to register today!

