

SNAP of Eastern Queens Older Adult center

Personal Wellness Support

It's normal to feel sad, stressed, confused, scared, or angry. Having extra support is a great opportunity to express yourself, set new wellness goals, and work through the challenges you may face. *Malka Pill, from CAPE Mental Health* is here at SNAP of Eastern Queens Older Adult Center to talk to you.

Every Wednesday from 8:30am-4:30pm

Every Friday from 8:30am-4:30pm

Have something on your mind? Things we can help you with:

- Are you feeling depressed ?
- Are you feeling anxious
- Are you feeling lonely?
- Are you dealing with grief?
- Are you feeling sad, hopeless, or suicidal?
- Are you having trouble adjusting to aging?
- Notice a withdrawal from friends and activities?
- Have a desire to better understand your emotions?
- Have a desire to better understand your behaviors?

If interested please reach out to

Malka Pill- 917-670-5036



**COMMONPOINT
QUEENS**
Community happens here



**Department for
the Aging**

