

# *Aging Vibrantly Adults*

## *Mental Health Awareness Training*



**20% of people age 55 years or older experience some type of mental health concern including feelings of depression and anxiety.**

This MHAT program helps individuals better understand mental health. Participants will gain knowledge, skills, confidence, and resources. These trainings will guide both care givers and older adults to better navigate through life so we can all age healthy and vibrantly.

East Bay Regional Coalition provides these trainings at no cost for the East Bay region.

**Please join us on June 27th, 1:00-2:00pm at Bristol Parks and Recreation  
101 Asylum Road, Bristol, RI or  
June 28th, 3:00-4:00pm at the Barrington Public Library  
281 County Rd, Barrington, RI  
and receive a 25.00 gift card to Stop & Shop or Shaws**

To register for training or for more information please contact  
Michelle Ahlborg, MHAT Project Director at  
[eastbaymhat@gmail.com](mailto:eastbaymhat@gmail.com) or call 401-247-1900 ext. 346 or  
Scan the QR code with your phone camera.

\*Groups must be a minimum of 8 people.



**East Bay  
Regional Coalition**  
Member of Rhode Island Regional Coalitions



BARRINGTON  
Prevention Coalition



EPPC  
East Providence  
Prevention Coalition



Warren  
Prevention Coalition