



# **BE KIND to your MIND**

**Join Andrew Duffy, a licensed clinical social worker, for this free mental health series.**

**Tuesdays, Sept. 6, 20; Oct. 4, 18  
7-8 p.m.**

**Central Library**

**Pocahontas Greadington Learning and Creativity Center  
Fifth Street and Denver Avenue**

**Featured topics are:**

**Sept. 6: How to Make Changes**

**Sept. 20: Mental Health 101**

**Oct. 4: Changing How You Think**

**Oct. 18: Dealing With Strong Emotions**