

WHAT'S UP **WEDNESDAY**

Want to learn something new about Blessed Trinity Parish?
Want to delve deeper into a subject important to our community?
(and, of course, there will be refreshments!)

Join us for the next "What's Up Wednesday!"

**Wednesday October 11th
7:00pm**

Caring for Your Mental Health

**Learn more about the signs of mental health, where to
go for help and the role of the schools in assisting students.**

*Presenters: Nicole Laviolette, Coordinator of Community Wellness for Westford,
Gerard Coughlin, Director of Special Education and Social Emotional Learning
for Westford, and Sue Hanley, member of Westford's Community Behavioral
and Mental Health Committee.*

**Mezzanine at St. Catherine's Church
2 West Street
Westford, MA 01886**

