

COMMUNITY DROP IN

Every Monday

Time: 2:00-4:00

Community & Family Counseling Services will be holding ongoing community drop in hours **every Monday from 2:00-4:00**. Drop on in to meet with a friendly clinician, no appointment needed.

- Have you been feeling down lately?
- Has life been overwhelming?
- Feeling stressed out and pressured?
- Having trouble sleeping?
- Stressed out by the competing demands of school, family life and work obligations?
- Worried about your children?
- Relationship issues?

If so take advantage of this free public service, open to members of all ages within the community.



Community & Family Counseling Services

**99 Church Street,
Lowell, MA 01852**

**For questions call:
978-458-6282**