

# Be That Person

## A Workshop Series

About Behavioral Health Matters

### Mental Health

Depression, Anxiety and More...  
Recognizing When You or  
Someone You Love Needs Help

**January 30<sup>th</sup>**

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### Substance Use

Marijuana, Alcohol, Opiates...  
Who's in control?

**February 27<sup>th</sup>**

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### Trauma

You Don't Have to Be a Soldier  
to Experience Trauma

**March 27<sup>th</sup>**

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### Building Resilience

Strategies for Weathering  
Life Stressors

**May 22<sup>nd</sup>**

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### Facilitated By

Michelle Taylor, MS, CAGS, LMHC  
Director of Outpatient, HIV Services &  
Center of Excellence for Opioid Treatment  
Community Care Alliance

### Join Us At The Monastery

1464 Diamond Hill Rd.  
Cumberland, RI 02864

**6:30 – 8:00 PM**

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### Brought to You By

Community  
Care Alliance



empowering people  
to build better lives

