

South Asian Community Health Promotion Services  
at The Hume Center presents

# Coping Strategies Series

Every Other Friday

5PM-6PM

ZOOM

*October 9, 2020*

*Self Talk & Self-Esteem*

*(Materials Needed: Paper, pen/pencil and drawing materials)*

Join Zoom Meeting

<https://zoom.us/j/92360503994>

Meeting ID: 92360503994

For more information email : [southasianprogram@humecenter.org](mailto:southasianprogram@humecenter.org)



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behavioral health**

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