



HELPFUL RESOURCES

TO NAVIGATE THROUGH LIFE'S CHALLENGES

DEALING WITH DEPRESSION?

LOOKING FOR SOMEONE TO TALK TO?

CHANGES IN EATING HABITS?

NEED FAMILY SUPPORT? SEEKING COMMUNITY INVOLVEMENT?

STRUGGLING WITH SUBSTANCE USE OR KNOW SOMEONE WHO IS?

Sarah Coughlin (Charlestown Coalition Director)

617-420-2114 or SCoughlin1@Partners.org

Sarah oversees the work and staff of the Charlestown Coalition. She trained as a therapist and has experience supporting & advocating for youth and adults involved in the criminal justice system.

Shannon Lundin (Community Outreach Coordinator)

617-320-9058 or SMLundin@Partners.org

Shannon specializes in working with individuals and families who struggle with Substance Use Disorders and connecting them to the appropriate levels of care using a harm reduction model.

Phenice Zawatsky (Clinician - Family Support Circle Program)

617-726-0058 or PZawatsky@Partners.org

Phenice works with at-risk youth and families by connecting them to community supports and resources to address life's challenges.

Ginaya Greene Murray (Prevention Program Coordinator)

617-726-6684 or Ggreen-Murray@Partners.org

Ginaya's role as the Prevention Coordinator is to educate and facilitate discussions and activities with youth involving substance use prevention and life skills.

For grief support involving the loss of a child, parent, or sibling, you can contact

The Children's Room

Phone: (781) 641-4741 Email: info@childrensroom.org OR

The Compassionate Friends

Phone : (617)-539-6424 Email: tcfofboston@gmail.com

Club STAR: A bereavement support group for children and teens -Call Hillary D'Amato, (617)643-9276 or mghclubstar@partners.org for more information

*Dinner & parking provided.

DON'T LOSE HOPE, WE ARE HERE TO HELP YOU COPE.