



Ashland
MASSACHUSETTS



WELLNESS FAIR & OPEN HOUSE

**WEDNESDAY, MAY 11TH
FROM 4- 6:30 PM
AT THE COMMUNITY CENTER**

In honor of Mental Health Awareness Month, the Ashland Department of Human Services will host a Wellness Fair Open House on Wednesday, May 11 from 4-6:30 pm at the Ashland Community Center located on 162 West Union Street.

Ashland Human Services, Ashland Health Department, Decisions at Every Turn Coalition, Alzheimer's Association, Baypath Elder Services Inc. , Call2Talk, the MetroWest YMCA, Behavioral Health Partners of MetroWest, Ashland Reiki and Wellness, and Release Well-Being Center, will host resource tables highlighting various resources promoting a wide range of social, emotional, mental, and physical health education and information.

In addition to these tables, Hannah Stein of Ashland Reiki and Wellness will host a guided crystal meditation from 5:30- 6 pm during this open house.

Please contact Jennifer Wuelfing at Ashland Human Services if you have any questions, 508-881-0140 ext. 7942 or email, humanservices@ashlandmass.com

COMMUNITY PARTNERS





The **Town of Ashland Human Services Department** is an all-encompassing resident assistance department here to support any Ashland resident, of any age, in all socioeconomic statuses, struggling or in need of assistance navigating any social, emotional, environmental, mental health, or substance use stressor. At the wellness fair resources will be available, health and wellness-related items will be given away and people will be able to meet the staff of the department.

The **Town of Ashland Board of Health's** mission is to protect and promote the health, environment, and well-being of the Town of Ashland's residents and visitors while offering services that range from a multitude of various inspections, investigations, training opportunities, emergency preparedness, and staff assistance.



Ashland's Decisions at Every Turn (DAET) Coalition is a community-based group with stakeholders from many organizations throughout Ashland. We proudly count parents, youth, law enforcement, school personnel, town administration, local media and business enterprises, civic and volunteer groups, religious and fraternal organizations, healthcare professionals and youth-serving organizations among our members. The group is dedicated to creating a safe and healthy Ashland by working as a community to prevent, reduce, and solve the problems that can lead to youth substance use/misuse.



Massachusetts/New Hampshire Chapter

Vision: A world without Alzheimer's and all other dementia®. Formed in 1980, the Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support, and research.

Helpline: 1-800-272-3900
Available all day, everyday



Here at Ashland REIKI & Wellness Center, we define it as what makes you happy, energized, and calm offering, REIKI, Sound Healing, Crystal Classes, Readings, & Meditation Sessions: by Appointment.

Call: 617-650-045



The following is a partial listing of Resources and Referrals for elders, caregivers, and persons living with disabilities from BayPath Elder Services Inc.

Resources:

Homemaking & Chore services, Transportation Services (low cost & privately paid), Assistive Technology, Assisted Living & Housing resources

Referrals:

State Subsidized Home Care Program, Money Management Program, Family Caregiver Support Program, Nutrition Program/Home Delivered Meals



Behavioral Health Partners MetroWest and MetroWest Care Connection help connect individuals to mental health, substance use, social services, and primary healthcare.



WE'RE HERE TO LISTEN

Call2Talk is a mental health, emotional support, and suicide prevention program run by Mass211. It operates 24/7 and provides confidential, compassionate listening to assist people – including those who may be despondent or considering suicide – during stressful times. Call2Talk is a National Suicide Prevention Lifeline Crisis Center and partners with Crisis Text Line to also respond to people by text.

Mass 211 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community. Available 24 hours a day, 7 days a week, Mass 211 is an easy way to find or give help in your community.



Here at the MetroWest YMCA we look at mental health and wellness through the lens of prevention. Like us on Facebook, call to talk to someone about your needs and interests at 508-879-4420, or visit our website at metrowestymca.org. As an organization focused on physical, mental and emotional health and wellness we have programs and services designed to support the wellbeing of individuals families and children.



Release is a holistic wellness center and state-of-the-art spa, specializing in yoga, fitness, alternative healing, meditation, spa treatments, heat and light therapy, and coaching. From our nourishing cafe meals to our sacred healing spaces, we invite you to explore self-care in a luxurious and accessible way.