



COMMUNITY COLLABORATIONS



HOLIDAY BLUES

VNSNY hosts this presentation to provide support during the holidays

THURSDAY
DECEMBER 9, 2021
2PM - 3PM

Seasonal depression can hit particularly hard during the winter holidays. We'll give you information and ideas to fight the blues. Make your peace with winter!



[Click here](https://bit.ly/3pD2hCD) or use the following link <https://bit.ly/3pD2hCD> to register for the presentation.

For more information contact communityco@vnsny.org



To learn more visit our website at www.vnsny.org/community-collaborations or scan the QR code above