



Tri-Town
Community Action Agency
Helping people. Changing lives.

Depressed & Unemployed?

Tri-Town is now offering a group for you!

Our Independent Licensed Clinical Social Worker will assist you in better managing, reducing or eliminating depressive symptoms by helping you:

- Identify, express, and process stressors related to unemployment
- Identify negative thinking patterns
- Increase your coping skills
- Learn how your thoughts and actions may be preventing you from finding a job
- Learn ways to present yourself better in the job market
- And by encouraging & motivating you to continue job seeking

**Group meets every Thursday from
10:00-11:30 AM**



Contact Lindsey Amore at 519-1936 for more information, to make a referral, or to schedule your appointment for a one hour pre-group screening and assessment.

Group meets at:
Tri-Town Community Action Agency
1126 Hartford Avenue
Johnston, Rhode Island 02919

Most major insurance is accepted. Sliding scale fees available for uninsured individuals.