

Join this shoreline community conversation to listen and learn from each other and work together to support mental wellness with meaningful action.

Compassion Counts: A Shoreline Community Forum

Exploring Mental Wellness in an Age of Stress and Anxiety

Thursday, January 29

5:30 pm - 7:30 pm

Westbrook High School

156 McVeagh Rd, Westbrook

Snow date is February 3rd, same place and time.

Light refreshments will be served

MODERATOR

Dan Osborne / Executive Director, Gilead Community Services

INTRODUCTION

Robert W. Plant, PhD / Senior Vice President, ValueOptions - CT Behavioral Health Partnership

PANELISTS

C. Squitiero / Mother of son recovering from drug and alcohol abuse

B. Allen / Professional recovering from drug and alcohol abuse

Dr. Lisa Donovan / Child and adolescent psychiatrist

Alicia Farrell, PhD / Cognitive psychologist and daughter of a suicide victim

Robert W. Plant, PhD / Senior Vice President, ValueOptions - CT Behavioral Health Partnership

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This is a FREE event. You may register online [here](#).

For more information contact Lucy McMillan at (860) 301-6634 or lmcmillan@gileadcs.org.



PARTNERS

- Aware Recovery Care • Child & Family Agency • Clearview Consulting & Mental Fitness •
- Community Foundation of Middlesex County • Essex Community Fund • Gilead Community Services •
- Hamilton Educational Learning Partners • Joshua Center Shoreline-Natchaug Hospital •
- Middlesex Hospital • NAMI Connecticut • Pathways • Region II Regional Mental Health Board •
- River Valley Services • Comer Rudd-Gates & Linda Nickerson • Rushford: A Hartford Healthcare Partner •
- Sierra Tucson • Turning Point •