

Insights on Aging

Mental Health Screening Day

COMMUNITY EDUCATION PROGRAM

May is Mental Health Month and May 20 is the second National Older Adult Mental Health Awareness Day.

It can be difficult to know when the ordinary stresses of aging or caregiving become cause for concern. How does one know if they need more help to improve their coping or should just try to "tough things out?"



Come to CJE SeniorLife to participate in free screenings for common mental health concerns such as depression, anxiety and caregiver stress. Individual 30 minute sessions with CJE's Counseling Services Social Workers will be scheduled for each of the screenings. For those who would benefit from ongoing support and assistance, referrals and resources will be provided. All information will be kept confidential. Everyone who attends will receive a free Wellness Bag!

Date Monday, May 20, 2019, 10 am–Noon

Location CJE SeniorLife
See receptionist
3003 West Touhy Avenue, Chicago

Cost Free

Registration Required

Contact Lauren Vourvoulis by May 13 to schedule a private session at 773.508.1121 or lauren.vourvoulis@cje.net

CJE Counseling Services offers a full range of older adult behavioral health services. This includes individual supportive counseling, psychotherapy and support groups, as well as family and caregiver support available in CJE offices or as home visits.



THE CJE ADVANTAGE: We offer a full continuum of care in which individuals of all ages, faiths and income levels can access life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the process of positive aging.

CJE COUNSELING SERVICES 3003 West Touhy Avenue | Chicago IL | www.cje.net | 773.508.1000

CJE SeniorLife strives to enhance the lives of older adults regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity or national origin. CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.