

Step Up Family Services



Every journey begins one step at a time

Join us for this **FREE 2-part series**

Wednesdays, April 24th and May 1st

6:30 pm – Networking, 7-8 pm - Presentations

April 24

Mental Health & Families

Learn about how stressors of the individual members of a family can affect each other. We will explore techniques to regulate the temperature in the home to promote a more relaxed and positive environment.

Sign-up:



May 1

Social Media & Mental Health

Social Media is all around us in some form. Although it can have its benefits, we will explore some of the pitfalls of having this media at our fingertips, how it affects our mental health and what we can do about it.

Sign-up:



For more information email:

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