

Calling all seekers and providers of Mental Health & Wellness resources! Visit over 25 resource tables, take a yoga class, paint kindness shells, pet a therapy dog, learn from local mental health providers, and pot plants! Snacks and prizes included.

Join us at the Warren Historic Armory on Saturday, March 23rd at [11am](#) to [2pm](#).

We can ALL be champions of [suicide prevention](#) and [improving access to mental health supports](#)!

Discover trusted resources that are available for you, veterans, families, students, clients and neighbors.



EAST BAY MENTAL HEALTH AND WELLNESS FAIR

WHEN: 11:00 AM TO 2:00 PM ON SATURDAY MARCH 23RD, 2024

WHERE: HISTORIC WARREN ARMORY, 11 JEFFERSON ST, WARREN, RI 02885

NO REGISTRATION REQUIRED & OPEN TO THE PUBLIC

WHAT TO EXPECT:

- Visit resource tables staffed by the Veterans Administration, Prevention Coalition, Health Equity Zone, Domestic Violence & Suicide Prevention, local Veterans organizations, and more!
- Enter to win a gift card and enjoy free healthy snacks
- Explore strategies that help folks feel more connected and reduce isolation:
 - Learn about volunteering locally and free library events
 - Participate in a hands-on activity: yoga, art and gardening
 - Connect with a therapy dog
- Schedule a future meeting with a navigator to apply for supplemental food, housing, lifeline phone, health benefits and other services.

Visit the Warren HEZ Facebook event page for up-to-date info or scan the QR code on the right.

For any questions or accommodations, please email warrenhez@ebcap.org or call 401-431-9870, Ext. 1635.



U.S. Department of Veterans Affairs
Veterans Health Administration
Providence Healthcare System



HEALTH EQUITY ZONES ARE AN INITIATIVE OF THE RHODE ISLAND DEPARTMENT OF HEALTH AND EAST BAY COMMUNITY ACTION PROGRAM IS THE BACKBONE AGENCY FOR THE WARREN, BRISTOL, AND EAST PROVIDENCE HEALTH EQUITY ZONES.

Need support now?

