



Nutley Family Service Bureau

Presents Mental Health Monthly Workshop Series

We invite you to join us every second Wednesday evening of the Month
7:00 pm to 8:00 pm

March 9, 2022

Help for Families & Friends

Coping with mental health
and/or substance use disorders

Staela Keegan, LCSW, LCADC

April 6, 2022

Promoting Healthy Body Image & Habits

How to identify and support someone
with an eating disorder

Kristen Petullo, LCSW

May 11, 2022

Maternal Mental Health

Before, during, and after baby

Laura Munoz-Torres, LAC, ATR-P

Kristen Petullo, LCSW

June 8, 2022

Self-Harming Behaviors

How to identify non-suicidal self-injury
behaviors & support teens with healthy
coping skills

Kelly Rivadeneyra, LCSW



FREE COMMUNITY EVENT

Reservations are strongly recommended

The Knights of Columbus Community Room

150 Chestnut Street, Nutley, NJ 07110

Call us for more information 973-667-1884, option 1

Nutley Family Service Bureau, Inc. | 169 Chestnut Street, Nutley, NJ 07110
973-667-1884 | www.nutleyfamily.org