



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 30, 2022**

### **Help for Families & Friends**

Coping with mental health  
and/or substance use disorders

*Staela Keegan, LCSW, LCADC*

**April 13, 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*

**NFSB Main Location**

**169 Chestnut Street, Nutley, NJ 07110**

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

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Nutley Family Service Bureau, Inc. | 169 Chestnut Street, Nutley, NJ 07110  
973-667-1884 | [www.nutleyfamily.org](http://www.nutleyfamily.org)