



Cambridge Senior Center (806 Mass. Ave)

Special events

The month of May ~ Mental Health Awareness



True Story Theater presents:
***Exploring Mental Health
and Searching for Effective
Support in our Older Adult
Community***

Thursday, May 15, 2025

1:00 pm – 2:30 pm

Join us as we explore Mental Health. Mental Health Wellness is no easy journey to navigate. It impacts all races, genders, ages and crosses all socio-economic classes. There is a vast array of mental health conditions. We see it in ourselves, family, friends, neighbors and that stranger on the street. How do we identify different conditions and possible treatments? How can we de-stigmatize mental health? We are all impacted. We are not all ok. We are not alone.

Registration is not required. All are welcome, older adults, caregivers, and younger family and friends.



This program is for ages 60 years and older.

Cambridge Senior Center

806 Massachusetts Avenue, Cambridge, MA 02139

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