

WELLNESS WEDNESDAY

No/Low Cost Health and Wellness Resources



In Crisis?
Call: Dial 988
Online: 988lifeline.org



How to Handle Anxiety, Depression & Your Kids Tuesday, Jan. 17 at 7 p.m. | Hingham High School Auditorium

Hingham parents and caregivers are invited to join Dr. Nadja Reilly, Clinical Psychologist, for a discussion about supporting their child's mental health and well-being. Topics include anxiety and depression, signs to look for, coping mechanisms and more. Heather Rodriguez, HPS School Counseling Director, will also be present to discuss mental health services offered in Hingham Public Schools and the Care Solace program.

Spend Time Outdoors in Hingham's Open Space



Spending time in nature has been linked to improvements in mental health. We encourage you to go outside this month to explore Hingham's many open space locations. There are over 4,000 acres of protected open space in Hingham, owned by the Town, the State, the Hingham Land Conservation Trust (HLCT), and the Trustees of Reservations (TTOR).

Find locations at HLCT's [website](#), TTOR's [website](#) or the town's conservation [webpage](#).

Yoga Classes Presented by Hingham Recreation Every Mon, Wed, Thu, Fri, Sat at 8:30 a.m.



Hingham Recreation hosts weekly yoga classes at a cost of \$10/week. Attending these classes is a great way to support both mental and physical health.

To learn more or to register for a class, please visit Hingham Recreation's website [here](#).

Aspire Health Alliance



Aspire Health Alliance is Hingham's regional partner for behavioral health support. Hingham residents can receive access to the organization's wide array of mental health resources for free, including trauma services, outpatient counseling, emergency/crisis services and more.

Learn more [here](#).