

# MENTAL HEALTH:

*When to Seek Professional Help  
How to Practice Self-Care  
The Stigmas of Counseling*

## AN EVENING FOR YOUNG ADULTS

✿ AGES 21-39 ✿

WEDNESDAY, MAY 23RD AT 7:00PM

ST. JOAN OF ARC CHURCH - MEETING ROOM C



Dr. Bolton is a licensed Psychologist and owner of LifeSpire, LLC. She has been working in the mental health field for more than 15 years. She specializes in restoring healthy relationships and coping with stress, loss, and transitions. Dr. Bolton enjoys working with children, adolescents, and adults. She is also a member of St. Joan of Arc Parish where she also teaches 5th grade Religious Education.

**[WWW.STJOANHERSHEY.ORG/MH2018](http://WWW.STJOANHERSHEY.ORG/MH2018)**

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