

## B.R.E.A.K. F.R.E.E.

Boost Resiliency, Enhance Academic-outcomes KEY:



FOCUS, RELAX, EXERCISE & EATRIGHT MENTAL HEALTH AWARENESS PROGRAM

## Available now:

## Talk It Out Tuesdays Drop-in Group Sessions

11:00AM-12:00PM

12:30PM-1:30PM

Relationships & Transitions

Addictions and Habits



Bring your lunch and your issues, let's try and work it out together!

## Walk-in Wednesdays

Individual Counseling Sessions \*9:00AM - 1:30PM\*

Come on in!
We're here for you!



175 Willoughby Street, (entrance on Fleet Place) Brooklyn, New York 11201 \* 718-246-6456