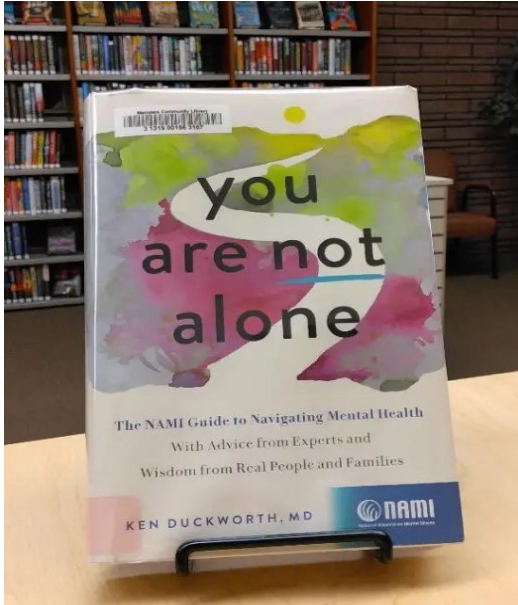




Cambridge Senior Center (806 Mass. Ave)

Special events

The month of May ~ Mental Health Awareness



**Book discussion:
You Are Not Alone –
The NAMI Guide to Navigating
Mental Health
by Ken Duckworth, MD.**

**Thursday, June 26, 2025
1:00 pm – 2:30 pm**

Discussion facilitated by Susan Pacheco, Executive Director and Maryellen McEleney, Information & Referral Specialist/SHINE Counselor.

Registration IS required. Limited copies of the book are available.

Please contact Susan Pacheco @ 617-349-6220 or

spacheco@cambridgema.gov



This program is for ages 60 years and older.

Cambridge Senior Center

806 Massachusetts Avenue, Cambridge, MA 02139

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