

City of New Bedford  
COA & Senior Centers

**“HEALTHY BODIES & MINDS PROGRAM”**

**Sometimes you need someone to talk to.  
Someone wants to listen!**

**ONE-ON-ONE**

**Jennifer Marszalek, Licensed Social Worker, is available to listen to your concerns and feelings. She can help you find ways to cope with whatever you’re experiencing. She can also refer you to other resources available.**

**Mondays by appointment.**

**C O N F I D E N T I A L**

**SUPPORT GROUP**

**This group meets weekly to share concerns and ideas. You realize that you’re not alone in how you feel or the experiences you face. The discussion is facilitated by Social Worker, Jennifer Marszalek.**

**Mondays at 10 a.m.**

**Downtown Senior Center  
560 Pleasant Street  
New Bedford, MA 02740  
508-991-6255**

**The “Healthy Bodies & Minds” program is offered through Federal Title III grant, distributed by Coastline Elderly Services, Inc. A voluntary donation of \$3 is suggested, but no one will be turned away!**