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## **RESOURCES –**

### **Lancaster County Community Programs**

#### **Community Nights**

Host: Behavioral Health Unit, Wellspan Ephrata Community Hospital

The WECH Behavioral Health Unit holds Community Nights to help raise mental health awareness and educate the community on mental health! Each month is a different topic—be on the lookout for topics of interest! For more information – (717) 738-6400

#### **Grief Workshops**

Host: Hospice & Community Care

Throughout the year workshops are offered for those who have experienced a loss. Topics include:

- Love & Memory
- So Real To Me: A Workshop Series in Recalling & Preserving Memories
- Men's Workshop: Navigating Change
- Finding Strength from Your Whispers
- Growing Through Grief
- Coping with Suicide Loss
- Coping with the Holidays

Call for upcoming programs and locations: (717) 295-3900

#### **Mental Health First Aid**

Host: WellSpan Phil Haven

Philhaven is pleased to provide a certified and clinically proven Mental Health First Aid Training to community members. This 8-hour training will equip people who may not possess mental health clinical training to identify, understand and respond to someone who is dealing with mental health problems or experiencing a mental health crisis.

Call or more information: 717-273-8871 ext. 2248.

#### **Wellness Programming**

Host: Wellness Center, Wellspan Ephrata Community Hospital

The Wellness Center offers programming to enhance the health of the community. Services include diabetes management, nutrition & weight management, smoking cessation, CPR & First aid, community health outreach and corporate wellness programs.

Call for more information: (717) 721-8790