



MOBILE STRESS RELIEF TEAM PRESENTS...

COMMUNITY CARE FAIR

Theme: 'Stress Relief for a Happier Tomorrow'

2019

ITINERARY - OCTOBER 7TH to 12TH:

MONDAY TO FRIDAY

Craft Market, Literature Distribution, Stress Test, Mini Mental State Exam, B/P and Blood Sugar Testing, Counselling and Referrals.

Venue: Building #2, Main Entrance
Time: 8:00am - 4:00pm

WEDNESDAY

Health Fair, Counselling and Referrals.

Venue: T&TEC Angel Harps Pan Yard, Enterprise, Chaguanas
Time: 8:00am - 2:00pm

THURSDAY

Dialogue on Suicide Prevention.

Venue: Amphitheatre C, EWMSC
Time: 8:00am - 12:00noon

FRIDAY

Creative Coping Strategies - Yoga and Mindfulness, Music and Art Therapy Workshops, Spa Services, Horticulture Workshops and Aerobics.

Venue: Building #2, Main Entrance and Worship Hall, EWMSC
Time: 9:00am - 4:00pm

SATURDAY

CALM Clinic Presents Teen Screen.

Venue: Adolescent Clinic, Chaguanas
Time: 8:00am - 4:00pm