

# STRESS MANAGEMENT SUPPORT GROUP

For residents of East Palestine and the surrounding communities impacted by the train derailment

**How can I  
relieve stress  
and anxiety?**

**EVERY TUESDAY EVENING  
FROM APRIL 18 TO JUNE 20  
6 TO 7:30 P.M.**

First United Presbyterian Church  
109 Rebecca St., East Palestine

These meetings are offered free of charge by the Columbiana County Mental Health and Recovery Services Board, in partnership with the Ohio Department of Mental Health and Addiction Services, through an Emergency Response Grant from the Substance Abuse and Mental Health Services Administration.

For more information, call 330-424-0195.

