

# 3 Towns: 1 Community C.A.R.E.S. *(Communication, Advocacy, Resources, Education, Support)*

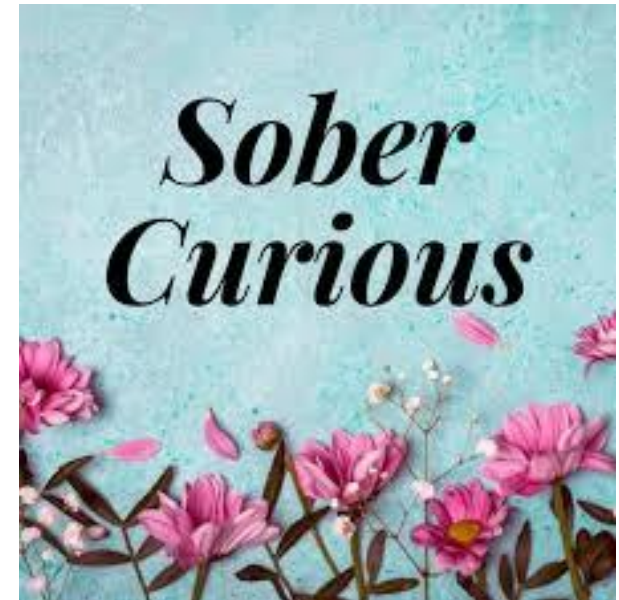
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Join us on **Thursday February 1, 2024**, at Louis T. Graves Memorial Public Library in the Community Room from 6-7 PM for a community gathering focused on mental health and substance use disorder.

Discussion: At this month's discussion we will talk about what it means to be Sober Curious and different approaches one can take. Some may have participated in the "Dry January" movement of not consuming alcohol. This month's discussion allows us to explore continuing this health choice.

In addition, learn about: Naloxone (Narcan), a demonstration will be available, as well as free Naloxone.

Questions? Call the Kennebunkport Public Health Department at 207-967-4401.



In event of inclement weather please check Graves Library Facebook page or the Town of Kennebunkport website for cancellation notice.