**The Harriet Comfort Mental Health Players (HCMHP)**

**Offers a Training for New Players**

Come and learn about the HCMHPs and how *easy* it is to become a player.

We help people discuss many issues such as aging, family, housing, cultural, employment, mental health, stress, addiction, wellness areas, etc.; and the stigma that surrounds these issues.

Learn how to act out a scenario using your own creativity through role-playing and audience discussion to address the issues at hand. No acting/improvisation experience required but are welcome.

If you enjoy helping people in the community then this is for you. It’s minimal volunteer work that’s very rewarding.

**Date:** **Saturday, September 7, 2019**

**Time:** **10 A.M. - 4 P.M.**

**(Brown bag or lunch on your own)**

**Location: Ashfield Senior Apartments**

 **2 Jeanne Jugan Lane, 4th Fl. Community Rm.**

 **Latham, NY 12110**

 **[Note: Located on bus route #182. Corner of Old Loudon Road & Jeanne Jugan Lane @ the flashing light. Next to St. Ambrose Church down the drive way. CALL 518-366-7900 upon arrival]**

**Directions:** [**https://www.google.com/maps/dir/''/ashfield+senior+apartments+latham+ny/**](https://www.google.com/maps/dir/%27%27/ashfield%2Bsenior%2Bapartments%2Blatham%2Bny/) [**https://www.google.com/maps/dir/''/ashfield+senior+apartments+latham+ny/**](https://www.google.com/maps/dir/%27%27/ashfield%2Bsenior%2Bapartments%2Blatham%2Bny/)

**RSVP by September 4, 2019.** Please **call 518-469-6945** or **518-366-7900 (10 a.m. - 9 p.m.)**