



DROP IN HOURS

GOLD'S GYM

100 Landing Avenue Smithtown, NY 11787

Looking for support?

We are CRISIS COUNSELORS trained to help you deal with emotions surrounding:

- Grief
- Anxiety
- Depression
- Stress
- Isolation

Private areas will be provided in the gym to speak confidentially to all age groups.



**Every Tuesday Starting
January 4th, 2022
8AM-12PM**

**Here to talk | Here to listen | Here to support
Call our helpline at: 855-818-4673**

CONFIDENTIAL

FREE