

WELLSPRINGS

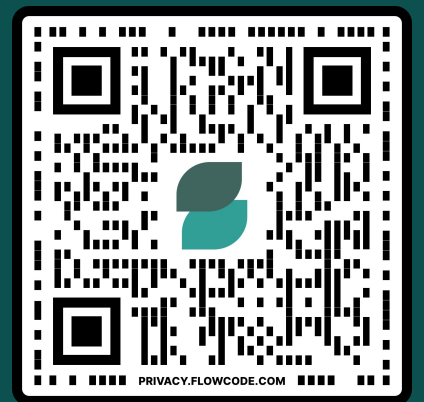
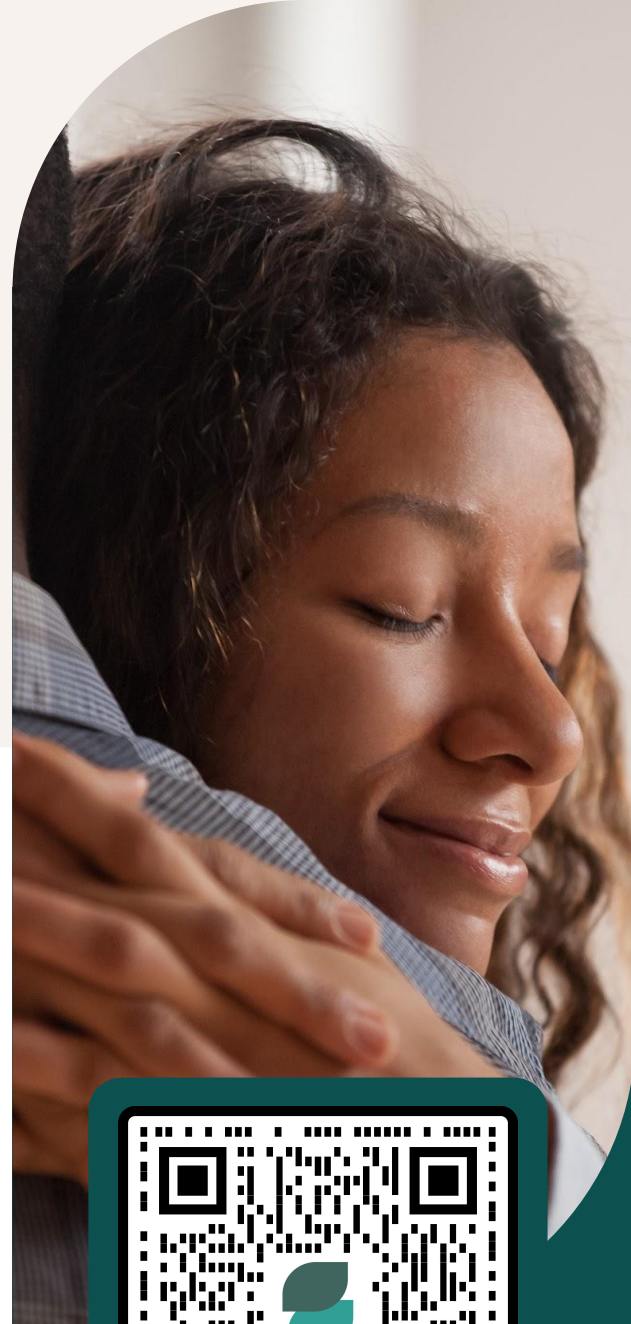
# Are you worried about loved ones using substances?

Witnessing someone we care about abuse substances or have a substance dependence can be alarming. We can feel helpless, unsure what to do, and have a hard time managing our thoughts and feelings.

Join us for a conversation, led by a Spring Health provider, to talk about it and connect with others who are going through similar experiences.



**Dr. Amy Marschall, Psy.D.**  
Provider, Spring Health



**JOIN US!**

Tuesday, March 29  
at 3:00 PM ET

**Scan the QR code  
above to register**