



CRISIS TEXT LINE |

Request Services

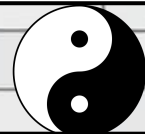
YOUR LATINO COMMISSION TEAM

Ms. Del Real

Mr. Alonso



KEEP
CLAM
AND
RELAX



RIVERSIDE
LATINO
COMMISSION
COUNSELING CENTER



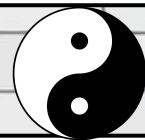
CRISIS TEXT LINE |

To make an appointment...

Please contact La Familia High School at
760-399-5929 and ask for Ms. Del Real or
Mr. Alonso. You can also email them at
Nayeli.DelReal@cvusd.us or
Juan.Alonso@cvusd.us.



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Meet Mr. Alonso

Mr. Alonso is a native Coachella Valley Resident. He obtained both his B.A. and M.S. from California State University, San Bernardino. With 5 years of experience working with children, Mr. Alonso brings creative and new styles of therapy to the consumers that he services. A sport fanatic through and through, his favorites teams include: Anaheim Angels, Xolos de Tijuana, New England Patriots, and the Mexico National Soccer Team as well as U.S. Women's National Soccer Team. On his spare his time he enjoys being active and hitting the gym when possible. (Se habla espanol).



La Familia High School

30-minute presentations

- Substance Education
- Prevention
- Mental health

Counseling and Substance Abuse Topics & Everyday tools

1. **Staying Positive**
2. **Mental health and substance abuse**
3. **Drug classifications**
4. **OTC and Prescribed medications**
5. **Drug use**
6. **Smoking tobacco, Nicotine and E-cigarettes**
7. **Alcohol**
8. **Marijuana**
9. **Fentanyl**
10. **Benzos**
11. **Stimulants**
12. **Opioids**
13. **Co- dependency**
14. **Anger management**
15. **Goal setting**
16. **Coping skills**
17. **Relationships**

ALL TOPICS WILL INCLUDE A PDF HANDOUT AND VIDEOS/ ACTIVITIES ONLINE TO ENGAGE STUDENTS.

Provide referrals for community resources