

## WYS Outreach & Engagement Program Celebrates Resiliency

**Join us for a series of Zoom workshops focusing on mindfulness, self-nourishment, and the power to thrive in these uncertain times.**

For over 40 years, Western Youth Services has been the leading mental health service provider in Orange County. Our Outreach & Engagement Program provides free services to all of South Orange County Residents of **all ages** at **no cost!** The Outreach & Engagement program is funded by the Orange County Health Care Agency, Behavioral Health Services, Prevention and Intervention, Mental Health Services Act/Prop 63. Please see below for information on the various services the Outreach & Engagement Program has to offer:

### November 2020 Workshops

<b>November 9</b>	<b>Connecting in Isolation: Holidays</b>	
	TIME:	4:00-5:00 PM
	Description:	In this workshop, learn new ways to connect with your community, families and friends by using technology and other methods of communication.
	To Register:	<a href="https://www.eventbrite.com/e/126010764589">https://www.eventbrite.com/e/126010764589</a>
<b>November 10</b>	<b>Nourish to Flourish</b>	
	TIME:	4:00-5:00 PM
	Description:	In this webinar, learn to nurture the relationship you have with yourself by finding your wonderful traits and characteristics, increasing positive self-talk, and understanding what self-care activities work for you.
	To Register:	<a href="https://www.eventbrite.com/e/126007314269">https://www.eventbrite.com/e/126007314269</a>
<b>November 12</b>	<b>Gratitude</b>	
	TIME:	4:00-5:00 PM
	Description:	This workshop introduces the benefits of practicing gratitude, how gratitude can change your perspective, and includes an

			activity where we create something to give to someone else to show gratitude.
		To Register:	<a href="https://www.eventbrite.com/e/126009679343">https://www.eventbrite.com/e/126009679343</a>
<b>November 13</b>	<b>Mind Full or Mindful</b>		
	TIME:	4:00-5:00 PM	
	Description:	Let's de-clutter our mind, and tune in to the present moment. Learn how to treat yourself with kindness, compassion, and acceptance. This workshop will focus on what mindfulness is and why it is imperative to our mental health. We will teach you coping skills, techniques to relax, and guide you through a soothing meditation. Join this mindfulness training and enhance your connectedness to your inner self!	
	To Register:	<a href="https://www.eventbrite.com/e/126008120681">https://www.eventbrite.com/e/126008120681</a>	

**For more information, or if you would like to set up a meeting with your staff to learn more about our services please contact:**

**Yeslee Fuentes, Lead Specialist**  
[yeslee.fuentes@wysoc.org](mailto:yeslee.fuentes@wysoc.org)  
**949-680-0962**





26137 La Paz | Suite 230  
Mission Viejo, CA 92691  
949.595.8610 | F. 949.595.0296  
[www.westernyouthservices.org](http://www.westernyouthservices.org)

