



United Mental Health Promoters

MENTAL HEALTH WORKSHOPS

Please join us for a free, educational, and informative workshop to learn about mental health and wellness by the Los Angeles County United Mental Health Promoters Program.

Location: Sparks Middle School Cafeteria at 9:00am
15100 E Giordano St, La Puente, CA 91744

- **08/31/22** Emotional Wellbeing and Stress
- **09/14/22** Emotional Wellbeing and the Brain: The Effects of COVID-19
- **09/28/22** Returning to School During COVID-19: Challenges, and How to Support Our Children
- **10/12/22** Mental Health and Stigma: Changing the Story
- **10/26/22** Awareness, Treatment and Recovery from Depression
- **11/02/22** Awareness, Treatment and Recovery from Anxiety
- **11/16/22** Grief, Loss and Resilience
- **01/05/23** Understanding the Impact of Addiction and Mental Wellness
- **12/14/22** Family Violence Prevention and Resilience
- **01/12/23** Child Abuse Prevention and Resilience
- **02/09/23** Suicide Prevention and Resilience
- **02/23/23** Positive Parenting: Understanding Learning Disabilities, Autism and ADHD
- **03/23/23** Positive Parenting: Understanding Anxiety and Depression
- **03/30/23** Positive Parenting: Understanding Behavioral Struggles in Children
- **04/06/23** Immigration, Adaptation and Resilience

FOR MORE INFORMATION CONTACT:

FELIPE OCAMPO AT 213-247-9145 FOCAMPO@DMH.LACOUNTY.GOV



United Mental Health Promoters

TALLERES DE SALUD MENTAL

Unase a un taller gratuito, educativo e informativo para aprender sobre la salud mental y el bienestar del Programa de Promotores Unidos de Salud Mental del Condado de Los Ángeles.

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- **08/31/22** Bienestar Emocional y Estrés
- **09/14/22** Bienestar Emocional y Cerebro
- **09/28/22** Regreso de los niños a la escuela durante COVID-19
- **10/12/22** Salud Mental y Estigma: Cambiando la historia.
- **10/26/22** Conciencia, tratamiento y recuperación de la Depresión.
- **11/02/22** Conciencia, tratamiento y recuperación de la Ansiedad.
- **11/16/22** Duelo, Perdida y Resiliencia.
- **01/05/23** Prevención de violencia Familiar y Resiliencia.
- **12/14/22** Prevención de Drogas y Alcohol.
- **01/12/23** Prevención y Resiliencia del Abuso Infantil.
- **02/09/23** Prevención del Suicidio y Resiliencia.
- **02/23/23** Crianza Positiva: Comprensión de las Discapacidades de Aprendizaje, el Autismo y el ADHD.
- **03/23/22** Crianza Positiva: Comprensión De la Ansiedad y la Depresión.
- **03/30/23** Crianza Positiva: Comprensión de las luchas conductuales.
- **04/06/23** Inmigración, Adaptación y Resiliencia.

PARA MAS INFORMACION CONTACTE A:
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