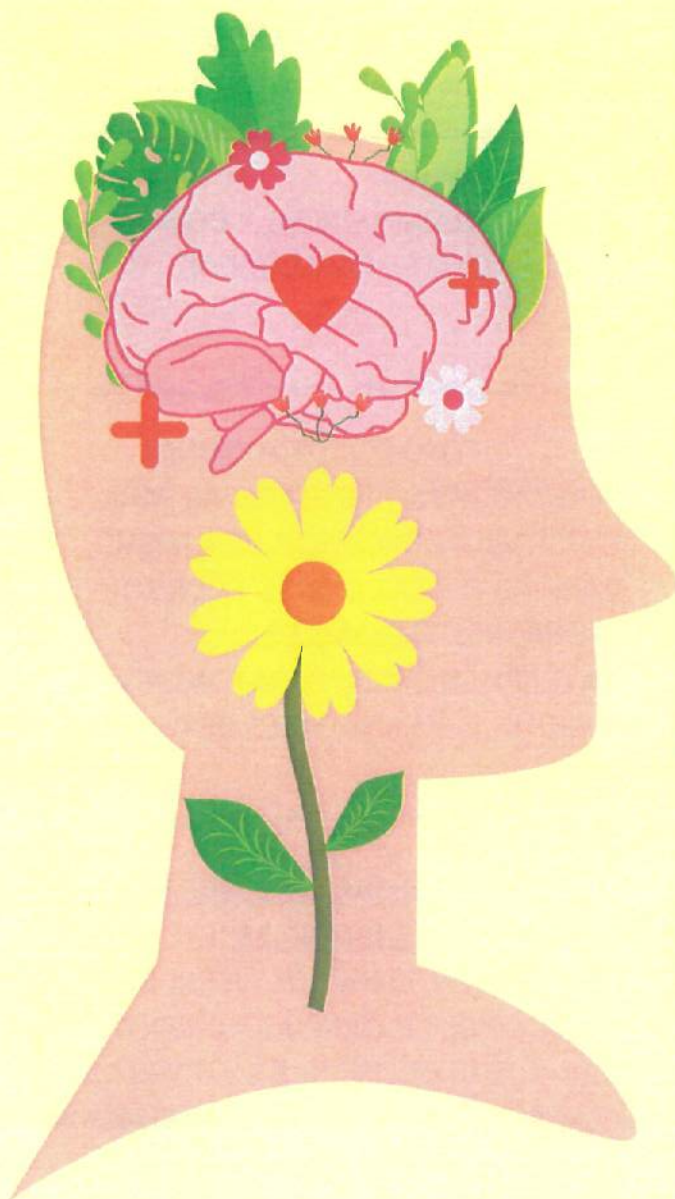


# YOUR WELL-BEING MATTERS!

WE ARE HERE TO SUPPORT YOU IN EVERY ASPECT OF YOUR LIFE, FROM MENTAL HEALTH TO EMOTIONAL WELLNESS. OUR SERVICES INCLUDE:

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## MENTAL HEALTH SUPPORT

- ONE-ON-ONE SUPPORT TO NAVIGATE STRESS, ANXIETY, OR ANY CHALLENGES YOU'RE FACING.
- CONFIDENTIAL AND COMPASSIONATE CARE FROM TRAINED PROFESSIONALS.



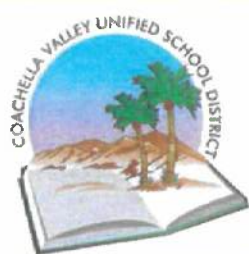
## SOCIAL-EMOTIONAL SUPPORT

- TOOLS AND STRATEGIES TO IMPROVE SELF-AWARENESS, MANAGE EMOTIONS, AND BUILD STRONG RELATIONSHIPS.
- GROUP WORKSHOPS TO FOSTER RESILIENCE AND COMMUNICATION SKILLS.



## SUBSTANCE ABUSE PREVENTION & EDUCATION

- INFORMATION ON THE RISKS OF SUBSTANCE USE AND GUIDANCE ON MAKING HEALTHY CHOICES.
- PREVENTION PROGRAMS DESIGNED TO EMPOWER YOU TO LIVE SUBSTANCE-FREE.



SERVICES ARE **FREE** AND AVAILABLE TO ALL CVUSD STUDENTS AND FAMILIES.

REACH OUT TO YOUR SCHOOL THERAPIST OR WELLNESS CENTER FOR MORE INFORMATION



**RIVERSIDE  
LATINO  
COMMISSION**  
COUNSELING CENTER

TOGETHER, WE CAN BUILD A STRONGER, HEALTHIER SCHOOL COMMUNITY!