



## **“Promotores” Of Mental Health**

**COME, JOIN US!**

**Learn about mental health!  
Get informed!**

### **CLASS TOPIC**

- |   |          |
|---|----------|
| • MENTAL HEALTH AND STIGMA              | 08/16/23 |
| • GRIEF AND LOSS                        | 08/30/23 |
| • UNDERSTANDING DEPRESSION              | 09/06/23 |
| • ANXIETY BUILDING RESILIENCE           | 09/13/23 |
| • EMOTIONAL WELL-BEING AND STRESS       | 09/27/23 |
| • ADDICTION AND MENTAL WELLNESS         | 10/04/23 |
| • FAMILY VIOLENCE AWARENESS             | 10/11/23 |
| • CHILD ABUSE                           | 10/25/23 |
| • SUICIDE, PREVENTION AND RESILIENCE    | 11/01/23 |
| • NEURO-DEVELOPMENTAL DISORDERS         | 11/08/23 |
| • CHILDHOOD BEHAVIORS AND DISORDERS     | 11/29/23 |
| • IMMIGRATION ADAPTATION AND RESILIENCE | 12/06/23 |
| • BULLYING PREVENTION                   | 12/13/23 |

Maintaining a healthy mental state is as important as maintaining our physical health. In the workshop, you will learn about mental health, ask questions in a safe space and receive resources.



**hope. recovery. well-being.**

### **MENTAL HEALTH WORKSHOPS**

**GRANADA E.S.  
17170 TRIBUNE ST.  
GRANADA HILLS  
CA.91344**

**EVERY WEDNESDAY  
TIME: 8:15 AM  
LOCATION:  
PARENT CENTER  
ROOM 23**

**IN PERSON**

**MORE  
INFORMATION**

**CONTACT:  
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