



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
Hope, recovery, wellbeing.

AZUSA
HIGH SCHOOL
COMMUNITY
SCHOOLS
Opportunity. Equity. Ambition.



INTEGRITY · RESPECT · RESILIENCE

MENTAL HEALTH PROMOTERS PROMOTORES DE SALUD MENTAL

El Efecto de la Pandemia en el Bienestar Emocional de la Comunidad

Padres y cuidadores en Azusa,
los Promotores de Salud Mental del Condado
de Los Ángeles le invitamos a participar
en un GRATUITO taller virtual, para aprender
técnicas de cuidado propio.



**20 de octubre
del 2021**

5:00-6:00pm

Google Meets:

**[meet.google.com/
bff-cpmw-fzk](https://meet.google.com/bff-cpmw-fzk)**



Connect!

Learn!

Discover!

Create your support
network!

**Próximamente en 2022:
La salud emocional y el
cerebro: efectos de Covid-19**

23/02/2022

**Depresión, síntomas y
tratamientos**

23/03/2022

**Prevención de la violencia
familiar**

20/04/2022

**Drogas y alcohol, y el impacto
en la familia**

25/05/2022

Esta organización y sus actividades no están relacionadas ni patrocinadas por el Distrito Escolar Unificado Azusa. AUSD quedará indemne de cualquier causa de acción, reclamo o petición presentada en cualquier corte o tribunal administrativo que surja de la distribución de estos materiales, incluidos todos los costos, honorarios de abogados y sentencias o laudos.



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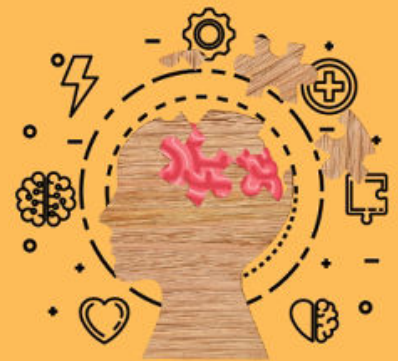
COMMUNITY
SCHOOLS
Equity. Excellence. Empowerment.



MENTAL HEALTH PROMOTERS PROMOTORES DE SALUD MENTAL

The Effect of the Pandemic on the Emotional Wellbeing of the Community

Parents and Caregivers in Azusa,
the Los Angeles County Mental Health
Promoters invite you to participate in a FREE
Virtual Workshop, to learn self-care
techniques.



October 20, 2021

6:00-7:00pm

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Coming up in 2022:

**Emotional Health and the
Brain - Effects of Covid-19**

02/23/2022

**Depression, Symptoms and
Treatments**

03/23/2022

Family Violence Prevention

04/20/2022

**Drugs and Alcohol, and the
impact on the family**

05/25/2022

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