



San Gabriel / Pomona  
Regional Center



LOS ANGELES COUNTY  
**DEPARTMENT OF  
MENTAL HEALTH**  
hope. recovery. wellbeing.

**SG/PRC IN COLLABORATION WITH THE LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH IS OFFERING A FREE 4-WEEK WORKSHOP SERIES ON VARIOUS MENTAL HEALTH TOPICS.**

Date	Topic	Description
10/4	Emotional Wellbeing and Stress	Learn about the relationship between stress and health.
10/11	Bullying Prevention - Kindness, Acceptance, Inclusion	Understanding why children bully, the impact of bullying on mental health, and more.
10/18	Grief, Loss, and Resilience	Learn about the five stages of grief and loss, the Impact in children and adolescents, and more.
10/25	Mental Health and Stigma: Changing the Story	What are the narratives that maintain stigma on Mental Health, advice to eliminate stigma.

This workshop series aims to reduce stigma associated with mental illness and increasing awareness about mental health issues, removing barriers, and improving timely access to culturally and linguistically appropriate resources.

**JOIN VIA ZOOM**  
**[CLICK HERE FOR LINK](#)**

**MEETING ID: 880 4381 9307**  
**DIAL IN: 16699006833**

**11:00 AM- 12:00PM**

INFORMATION WILL BE PRESENTED IN THE FOLLOWING LANGUAGES: SPANISH, KOREAN, MANDARIN, AND ENGLISH.  
INTERPRETATION IN AMERICAN SIGN LANGUAGE & VIETNAMESE.

FOR MORE INFORMATION CONTACT AMOS BYUN (909) 710-8815 OR JOSIE MARTINEZ (909)710-8817