

SA 7 Promotores Unidos de Salud Mental



DATE	TOPIC
02/03/25	Salud mental y estigma
02/10/25	Estrés y su bienestar
02/24/25	Comprendiendo la ansiedad y desarrollando la resiliencia
03/3/25	Etapas de duelo y perdida
03/10/25	Adicción y Bienestar Emocional
03/17/25	Concientización, Prevención y Resiliencia de la Violencia Familiar
03/24/25	Concientización, Prevención y Resiliencia del Suicidio
03/31/25	Prevención de Abuso Infantil
04/07/25	Comprender los trastornos del neurodesarrollo y Rol de los cuidadores
04/14/25	Comprender los comportamientos y trastornos infantiles
04/21/25	Prevención del acoso: amabilidad, aceptación, inclusión
04/28/25	Inmigración, Adaptación, y Resiliencia



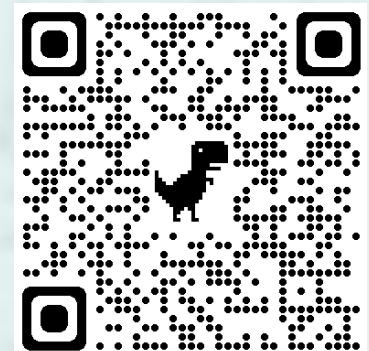
LOS ANGELES COUNTY
DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.

Horario:
11:30 am

En colaboración con
WHITTIER HEALTH CENTER

7643 S. Painter Avenue
 Whittier, CA 90602

Preguntar por **Miranda Ramos Lopez**



Escanear para
Recursos de bienestar



LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH
 Fostering Hope - Healing - Purpose

Para más información:

Norma Diaz
 213-6550709

ndiazcadena@dmh.lacounty.gov

SA 7 United Mental Health Promoters



DATE	TOPIC
2/03/25	Mental Health & Stigma
2/10/25	Stress and Emotional Wellbeing
3/3/25	Stages of Grief and Loss
3/10/25	Addiction and Mental Wellness
3/17/25	Family Violence Awareness, Prevention, and Resilience
3/24/25	Suicide Awareness, Prevention, and Resilience
3/31/25	Child Abuse Prevention
4/7/25	Understanding Neurodevelopmental Disorders & Role of caregivers
4/14/25	Understanding Childhood Behaviors & Disorders
4/21/25	Bullying Prevention: Kindness, Acceptance, Inclusion
4/28/25	Immigration, Adaptation, & Resiliency

For more information:

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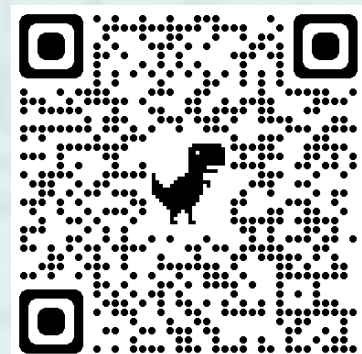
LOS ANGELES COUNTY
DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.

Time:
9:00 am

*In collaboration with
WHITTIER HEALTH
CENTER*

7643 S. Painter Avenue
Whittier, CA 90602

*ASK for Miranda Ramos
Lopez*



Scan for

Emotional Wellbeing Resources



LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH
Fostering Hope - Healing - Purpose