



"WORKSHOP MENTAL HEALTH"

COME, JOIN US!

Learn about mental health!

CLASS TOPIC	DATE
➤ Mental Health and Stigma	09/09/19
➤ Anxiety Disorders	09/16/19
➤ Depression	09/23/19
➤ Grief and Loss	10/07/19
➤ Drugs and Alcohol Prevention	10/14/19
➤ Domestic Violence Prevention	10/21/19
➤ Child Abuse Prevention	10/28/19
➤ Suicide Prevention	11/04/19
CHILDHOOD DISORDERS	
➤ Neurodevelopmental Disorders	11/18/19
➤ Depression and Anxiety in children	12/02/19
➤ Other Disorders	12/09/19

Maintaining a healthy mental state is as important as maintaining our physical health. In the workshop, you will learn about mental health and ask questions in a safe space. You will be an active participant in understanding the role of mental health in our daily lives. You will be informed by a well-trained Los Angeles County Department of Mental Health promoter.

PLUMMER ELEMENTARY SCHOOL

9340 NOBLE AVE. NORTH
HILLS, CA 91341

TIME: 8:30 -10:30 A.M.
LOCATION: PARENT
CENTER

FOR ANY QUESTIONS,
PLEASE CONTACT:
MARTHA MADRIGAL
(818) 895 - 2481

PROMOTOR: MAGALI
GARCIA



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



"TALLER DE SALUD MENTAL"

¡¡Ven Acompáñanos!!

**¡Aprende acerca de la salud
mental!**

CLASE	FECHA
➤ Salud Mental y Estigma	09/09/19
➤ Trastornos de Ansiedad	09/16/19
➤ Depresión	09/23/19
➤ Etapas de Duelo y Perdida	10/07/19
➤ Prevención de Alcohol y Drogas	10/14/19
➤ Prevención de Violencia Familiar	10/21/19
➤ Prevención de Abuso Infantil	10/28/19
➤ Prevención del Suicidio	11/04/19
TRASTORNOS DE LA NIÑEZ	
➤ Trastornos de Neuro-Desarrollo	11/18/19
➤ Depresión y Ansiedad en niños	12/02/19
➤ Otros trastornos	12/09/19

PLUMMER ELEMENTARY SCHOOL

9340 NOBLE AVE. NORTH HILLS,
CA 91343

LUNES DE 8:30 –
10:30 A.M.
EN EL CENTRO DE
PADRES

PARA MAS
INFORMACION, POR
FAVOR CONTACTE:
MARTHA MADRIGAL
(818) 895 -2481

PROMOTORA:
MAGALI GARCIA

Mantener un estado de salud mental saludable es igual de importante que mantener nuestra salud física. Será un participante activo en aprender el rol de la salud mental en nuestra vida diaria. Será informado por un promotor de Salud Mental del Condado de Los Ángeles.



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