



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



United Mental Health Promoters

The United Mental Health Promoters of Los Angeles County provide educational workshops to individuals and families seeking needed resources on prevention and early intervention in mental health. The promoter is not a clinician or psychiatrist, and for this reason, he/she cannot state his or her opinion on psychological treatment or medications.

Inglewood Unified School District Parent/Family Resource Center and United Mental Health Promoters invite you to participate in the following free workshops *in-person!*

9/14/23 – Emotional Wellbeing & Stress

9/21/23 – Bullying Prevention – Kindness, Acceptance, Inclusion

9/28/23 – Mental Health and Stigma

10/5/23 – Understanding Depression
& Building Resilience

10/12/23 – Understanding Anxiety
& Building Resilience

10/19/23 – Grief, Loss, and Resilience

10/26/23 – Understanding the Impact of Addiction
on Mental Wellness

11/02/23 – Family Violence Awareness, Prevention,
and Resilience

11/09/23 – Child Abuse Prevention and Resilience

11/16/23 – Suicide Awareness, Prevention, and Resilience

11/30/23 - Understanding Neurodevelopmental Disorders & the Role of Caregivers

12/07/23 – Understanding Childhood Behaviors and Disorders

12/14/23 - Immigration, Adaptation, and Resilience

When: Thursdays

Time: 9:00 a.m.

Facilitator: Ruby Sous

Rsous@dmh.lacounty.gov

(310)926-5700

Location: Bungalow # 8

**401 S. Inglewood Ave. B-8
Inglewood, CA 90301**

To coordinate a workshop or for more information regarding the Promoters Program, please contact:

Maria Zuniga, LCSW
SA8 Promoters Program Coordinator or
Phone: (213) 264-4564
MaZuniga@dmh.lacounty.gov

Norma Ruiz
SA8 Community Health Worker
Phone: (213) 703-1054
NoRuiz@dmh.lacounty.gov



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Promotores Unidos de Salud Mental

Los Promotores Unidos de Salud Mental del Condado de Los Ángeles se enfocan en proveer talleres educativos en la prevención e intervención temprana de salud mental a individuos y familias en busca de servicios. El Promotor a **no es terapeuta ni psicólogo**, debido a esto, no puede prestar su opinión sobre tratamientos psicológicos.

El Distrito Unificado de Inglewood Padres/Familia Centro de Recursos y los Promotores Unidos de Salud Mental le invitan a participar a los siguientes talleres *gratuitos en persona!*

09/14/23 – Bienestar Emocional y Estrés

09/21/23 – Prevención de Bullying

09/28/23 – Salud Mental y Estigma

10/05/22 – Comprendiendo la Depresión

10/12/23 – Comprendiendo La Ansiedad

10/19/23 – Etapas de Duelo y Pérdida

10/26/23 – El Impacto de la Adicción

11/02/23 – Prevención de Violencia Familiar

11/09/23– Prevención de Abuso Infantil

11/16/23 – Prevención y Resiliencia del Suicidio

11/30/23 – Trastornos de Neurodesarrollo y el Rol de los Cuidadores

12/07/23 – Comprendiendo los Comportamientos y Trastornos de Menores

12/14/23 – Inmigración, Adaptación y Resiliencia

Día: Jueves

Hora: 11:30 a.m.

Facilitadora: Angelica Andoaga

Lugar: Bungalo #8

401 S. Inglewood Ave. B-8

Inglewood, CA 90301

Para coordinar una presentación, o para mas información general sobre el programa de Promotores, favor de comunicarse con:

Berta Martinez
Supervisor Promoters Program SA8 or
Phone: (213) 561-0792
Brmartinez@dmh.lacounty.gov

Angelica Andoaga
SA8 Community Health Worker
Phone: (213) 655-0896
aandoaga@dmh.lacounty.gov