



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

Promotores Unidos



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.

Parent/Family Resource Center Inglewood y Promotores Unidos de Salud Mental le invitan a participar a los siguiente talleres gratuitos en ZOOM!

- 10/04/23 - Salud Mental Y Estigma
- 10/11/23 - Comprendiendo La Depresión y Desarrollando La Resiliencia
- 10/18/23 - Comprendiendo La Ansiedad y desarrollando la Resiliencia
- 10/25/23 - Bienestar Emocional y Estres
- 10/31/23 - Prevención de la Violencia doméstica
- 11/07/23 - Entendiendo el Impacto de la adicción y el Bienestar Mental
- 11/14/23 - Duelo ,Pérdida y Resiliencia
- 11/28/23 - Prevención del Acoso: Amabilidad, Aceptación e Inclusión
- 12/05/23 - Prevención de Abuso Infantil y Resiliencia
- 12/12/23 - Concientización, Prevención y Resiliencia del Suicidio
- 01/09/23 - Comprender los Trastornos Trastorno del Neurodesarrollo y el Rol de los Cuidadores
- 01/16/23 - Comprendiendo los Comportamientos y Trastornos de los menores
- 01/23/23 - Migración Adaptación y Resiliencia

Miercoles 5:00pm

Join Zoom Meeting , miercoles
5:00pm

[https://lbusd.zoom.us/
j/89260390187?](https://lbusd.zoom.us/j/89260390187?)

[pwd=Ym1ZS2JyZktvQ09xR0FoT1ZY
L0w3QT09](https://lbusd.zoom.us/j/89260390187?pwd=Ym1ZS2JyZktvQ09xR0FoT1ZYL0w3QT09)

Meeting ID: 892 6039 0187

Passcode: 999237



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

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Community Health Worker
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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.

Parent/Family Resource Center Inglewood and United Mental Health Promoters invite you to participate in the following Free Virtual workshops on Zoom

October 02nd - Emotional Wellbeing and Stress

October 09th - Bullying Prevention – Kindness, Acceptance, Inclusion

October 16th - Mental Health and Stigma

October 23rd - Understanding Depression and Building Resilience

October 30th - Understanding Anxiety and Building Resilience

November 06th - Grief, Loss, and Resilience

November 13th - Understanding the Impact of Addiction and Mental Wellness

November 27th - Family Violence Awareness, Prevention, and Resilience

December 04th - Child Abuse Prevention and Resilience

December 11th - Suicide Awareness, Prevention, and Resilience

January 22nd - Understanding Neurodevelopmental Disorders & Role of Caregivers

January 29st - Understanding Childhood Behaviors and Disorders

February 05th - Immigration, Adaptation, and Resilience

When: Mondays

Time: 9:00 a.m.

[Click Here to Join the Meeting](#)



Zoom

Meeting ID: 899 3180 8722

Passcode: 274 170

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

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LCSW

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