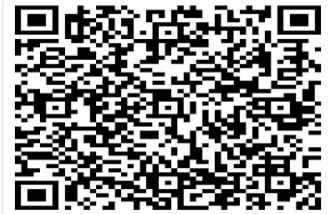




LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
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Promotores Unidos de Salud Mental

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 por ZOOM!*

10/05/22 – Salud Mental y Estigma

10/12/22 – Síntomas y Tratamientos de la Depresión

10/19/22 – Trastorno de Ansiedad

10/26/22 – La Salud Emocional y el Cerebro: Los Efectos de Covid-19

11/02/22 – Prevención de la Violencia doméstica

11/09/22 – Prevención de Alcohol y Drogas

11/16/22 – Etapas de Duelo y Pérdida

11/30/22 – Prevención de Abuso Infantil

12/07/22 – Prevención del Suicidio

12/14/22 – Trastornos de la Niñez: Trastornos de Neurodesarrollo

12/21/22 – Trastornos de la Niñez: Trastornos de Depresión y Ansiedad

01/11/23 – Trastornos de la Niñez: Otros Trastornos

Día: miércoles

Hora: 11:00 a.m.

Facilitadora: Isabel Nuño

(310)436-5035

Join Zoom Meeting

[https://us06web.zoom.us/j/2416384496?](https://us06web.zoom.us/j/2416384496?pwd=K3VxTTdlcHBWSlVjdkwycERwQ0dpZz09)

[pwd=K3VxTTdlcHBWSlVjdkwycERwQ0dpZz09](https://us06web.zoom.us/j/2416384496?pwd=K3VxTTdlcHBWSlVjdkwycERwQ0dpZz09)

Meeting ID: 241 638 4496

Passcode: Parents

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

Berta Martinez
SA8 Promoters Program Coordinator or
Phone: (562)2567570
Bmartinez@dmh.lacounty.gov

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



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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.

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

10/04/22 – Mental Health & Stigma

10/11/22 – Symptoms and Treatments of Depression

10/18/22 – Anxiety Disorders

10/25/22 – The Emotional Health and the Brain:
 The Effects of Covid-19

11/01/22 – Familial Violence

11/08/22 – Drug and Alcohol Prevention

11/15/22 – Stages of Grief and Loss

11/29/22 – Child Abuse

12/06/22 – Suicide Prevention

12/13/22 – Childhood Disorders: Neurodevelopmental Disorders

12/20/22 – Childhood Disorders: Anxiety & Emotional disorders

01/10/22 – Childhood Disorders: Other disorders

01/17/22 – Immigration, Adaptation and Resilience

When: Tuesdays

Time: 9:00 a.m.

Facilitator: Mercy Aguirre

MeAguirre@dmh.lacounty.gov

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