



# Promotores of Mental Health

“The effect of the pandemic on the emotional well-being of the community”

Virtual workshop on MS Teams



**Our workshop is:**

**Confidential**

**Free!**

**Educational**

**Connect!**

**Learn!**

**Stay informed!**

**Stay resilient!**

Los Angeles County promotores of mental health invite you to participate on a virtual workshop, and learn about self-care techniques to manage stress during this difficult times .....**CONNECT**

**WITH US!**

**To schedule a workshop, contact:**

**Guadalupe Corona-Arvizu, LMFT**

**T: 213-944-7606**

**GArvizu@dmh.lacounty.gov**

