



Visión y Compromiso™



Mental Health and Wellness Promotores

Do you, your family or your community
need resources about mental health?

We invite you to organize
MENTAL HEALTH educational workshops

Mental Health

Depression

Anxiety

Bipolar Disorder

Suicide Prevention

Substance Abuse
(Drugs & Alcohol)

Trauma

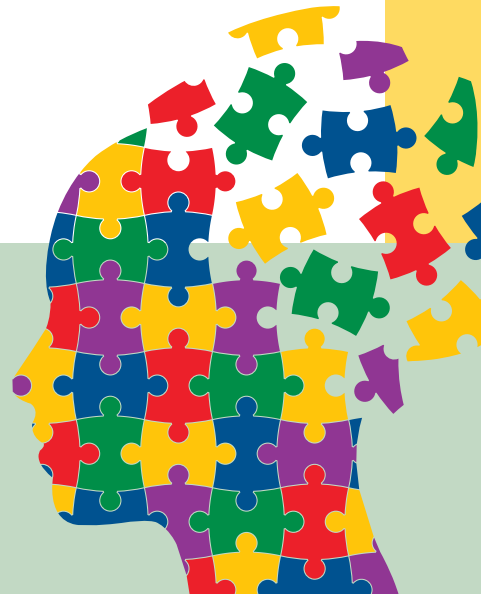
Schizophrenia

Grief and Loss

Self Care

If you are interested in receiving
these **FREE** workshops or need more
information, contact:

Maria D Gallardo: (909) 202-1666
mariag@visionycompromiso.org



PROJECT FUNDED BY RIVERSIDE UNIVERSITY HEALTH SYSTEM/
BEHAVIORAL HEALTH PREVENTION AND EARLY INTERVENTION

 **Riverside**
University
HEALTH SYSTEM
Behavioral Health



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Promotres de Salud Mental y Bienestar

¿Considera que usted, su familia o su comunidad necesitan información y recursos sobre la salud mental?

Le invitamos a organizar talleres educativos de
LA SALUD MENTAL

Salud mental

Depresión

Ansiedad

Bipolaridad

Prevención de
Suicidio

Trauma

Efectos de las
Drogas y alcohol

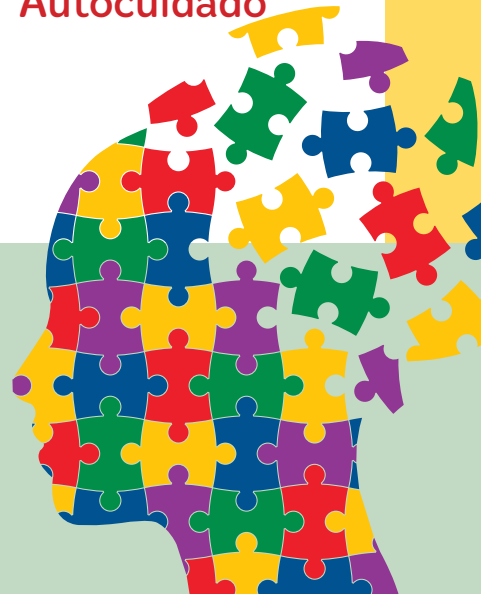
Esquizofrenia

Duelo y perdida

Autocuidado

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talleres GRATUITOS y para más
información, contacte a:

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