Beautiful Minds OF SAN FERNANDO VALLEY

PACOIMA FAMILY RESOURCE CENTER

SATURDAY, SEPTEMBER 19
10 a.m. to 2 p.m.

This **free** and **fun** event for the entire family will bring awareness to everyday behavioral health issues like stress, anxiety, depression and substance abuse.

COME LEARN MORE ABOUT YOUR HEALTH CARE OPTIONS

- ★ Workshops
- ★ Children's Entertainment
- ★ Healthy Snacks
- ★ Giveaways and More!*
- ★ L.A. Care Representatives on Site

*While supplies last, one set of giveaways per household.

SFCHC San Fernando Community Health Center · EachMind Matters California's Mental Health Movement · Valley Family Center · Child and Family Guidance Center · NAMI National Alliance on Mental Illness San Fernando Valley · Northeast Valley Health Corporation a californiahealth center · El Proyecto del Barrio Hope • Commitment • Excellence · Esperanza · 211 LA County Help Starts Here · Quality Behavior Solutions · Bridges · Family Focus Resource Center · CSUN | strengthunited a CSUN community agency

L.A. Care HEALTH PLAN®

In the Zocalito
Corner of San Fernando Rd. & Van Nuys
10807 San Fernando Road
213.438.5497 | lacare.org

Mentes Bellas DEL VALLE DE SAN FERNANDO

CENTRO DE RECURSOS FAMILIAR DE PACOIMA

SÁBADO, 19 DE SEPTIEMBRE
10 a.m. a 2 p.m.

Mentes Bellas del Valle de San Fernando es un evento **divertido** y **gratuito** para toda la familia que creará conciencia sobre algunos trastornos de la conducta como estrés, ansiedad, depresión y abuso de sustancias

VENGA Y APRENDA MÁS SOBRE SUS OPCIONES DE COBERTURA MÉDICA

- ★ Sesiones educativas
- ★ Entretenimiento para niños
- ★ Meriendas saludables
- ★ Regalos y mucho más!*
- ★ Representantes de L.A. Care estarán presentes

*Mientras haya disponibilidad, un regalo por hogar.

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