

# SA 7 Promotores de Salud Mental



DATE	TOPIC
07/26/23	Estrés y su bienestar
08/09/23	Salud mental y estigma
08/23/23	Comprendiendo la depresión y desarrollando la resiliencia
09/13/23	Comprendiendo la ansiedad y desarrollando la resiliencia
09/27/23	Concientización, prevención y resiliencia de la violencia familiar
10/11/23	Adicción y bienestar emocional
10/25/23	Duelo, pérdida, y resiliencia
11/08/23	Prevención de abuso a menores y resiliencia
11/22/23	Concienciación, Prevención y Resiliencia del Suicidio
12/06/23	Comprender los trastornos del neurodesarrollo y rol de los cuidadores
12/20/23	Comprender los comportamientos y trastornos infantiles
01/10/24	Prevención del acoso: amabilidad, aceptación, inclusión
01/24/24	Inmigración, adaptación y resiliencia



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

**Horario:**  
**Miércoles**  
**12:30 pm-2:00 pm**

*En colaboración con*  
La Merced Intermediate School

Para registrarse a los temas virtuales contactar

Roybal School-Based:  
**KARLA MARTINEZ, MCW II**  
**(213) 507-1209**



Escanear para  
Recursos de bienestar

# SA 7 United Mental Health Promoters



DATE	TOPIC
07/26/23	Stress and Emotional Wellbeing
08/09/23	Mental Health & Stigma
08/23/23	Understanding Depression and Building Resilience
09/13/23	Understanding Anxiety and Building Resilience
09/27/23	Family Violence Awareness, Prevention, and Resilience
10/11/23	Addiction and Mental Wellness
10/25/23	Grief, Loss, & Resiliency
11/08/23	Child Abuse Prevention and Resiliency
11/22/23	Suicide Awareness, Prevention, and Resilience
12/06/23	Understanding Neurodevelopmental Disorders & Role of caregivers
12/20/23	Understanding Childhood Behaviors & Disorders
01/10/24	Bullying Prevention: Kindness, Acceptance, Inclusion
01/24/24	Immigration, Adaptation., & Resiliency



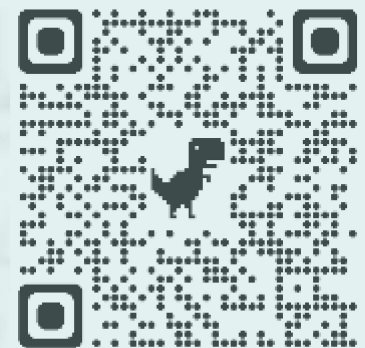
LOS ANGELES COUNTY  
**DEPARTMENT OF MENTAL HEALTH**  
 hope. recovery. wellbeing.

**Time:**  
 Wednesday  
 12:30 am-2:00 pm

*In collaboration with*  
 La Merced Intermediate School  
 For registration to the virtual topics please contact  
 Roybal School-Based

KARLA MARTINEZ, MCW II  
 (213) 507-1209

**Presentations will be in Spanish**



Scan for  
 Emotional Wellbeing Resources

**For more information:**

Emily Serna  
[ESerna@dmh.lacounty.gov](mailto:ESerna@dmh.lacounty.gov)