

SELF-CARE SKILLS TO MANAGE STRESS AND ANXIETY

Join the Department of Mental Health for a practical workshop focused on building self-care skills to effectively manage stress and anxiety. Participants will learn simple, evidence-based techniques to support emotional well-being and build resilience in daily life.

Wednesday, May 21st
3:00pm- 4:00pm

Whittier Wellness Community
7643 S. Painter Ave
Whittier, CA 90602

For more info: (562) 775-6104



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
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COUNTY OF LOS ANGELES
Public Health

HABILIDADES DE AUTOCUIDADO PARA MANEJAR EL ESTRÉS Y LA ANSIEDAD

Únase al Departamento de Salud Mental para un taller práctico enfocado en desarrollar habilidades de autocuidado para gestionar eficazmente el estrés y la ansiedad. Los participantes aprenderán técnicas sencillas y basadas en la evidencia para promover el bienestar emocional y desarrollar resiliencia en la vida diaria.

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a las 3:00pm- 4:00pm

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