

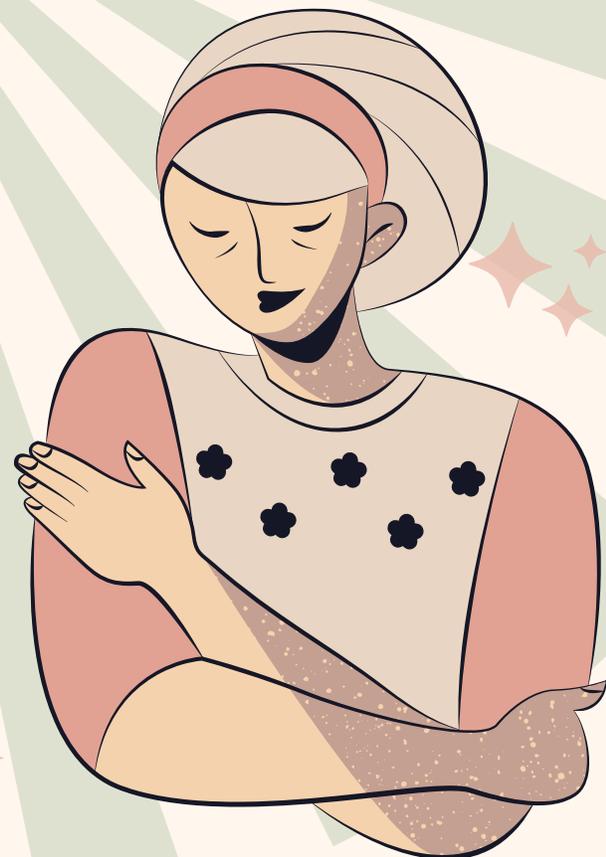
# SELF-CARE SKILLS TO MANAGE STRESS AND ANXIETY

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

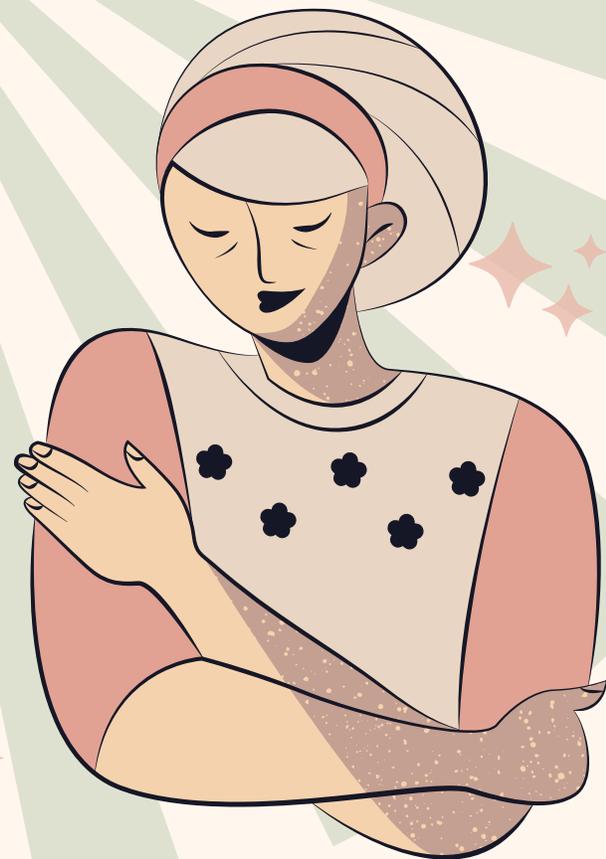
# HABILIDADES DE AUTOCUIDADO PARA MANEJAR EL ESTRÉS Y LA ANSIEDAD

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.

Miércoles 21 de mayo  
a las 3:00pm- 4:00pm

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