PCOE
GOLD IN EDUCATION
Gayle Garbolino-Mojica
County Superintendent of Schools

WWW.PLACERCOE.ORG

CommunityConnections
Psychological Associates, Inc.

A CULTURALLY INFUSED WORKSHOP ON MENTAL HEALTH

"Be Sensitive, Be Brave For Mental Health" infuses culture and diversity throughout a foundational workshop on mental health. This free workshop prepares community members to help friends and loved ones during times of distress. Learn how to recognize mental health conditions, what to do when someone needs support, and tools for maintaining good mental health.

- Identify if someone is in mental distress
- Practice being sensitive and brave in helping others
- Increase awareness of mental health resources
- Build resilience using a recipe for mental health
- build cultural sensitivity around mental health
- Respond to community needs and decrease stigma

BE SENSITIVE, BE BRAVE

For Mental Health

FOUR OPPORTUNITIES IN 2023:

- **May 16th -- 10-12 Noon**
  Register: https://tinyurl.com/PCOEBSBBMay16
- **May 19th -- 9-11 AM**
  Register: https://tinyurl.com/PCOEBSBBMay
- **June 13th -- 10-12 Noon**
  Register: https://tinyurl.com/PCOEBSBBJune23-1
- **June 22nd -- 10-12 Noon**
  Register: https://tinyurl.com/PCOEBSBBJune23

If you know someone who is in suicidal crisis or emotional distress, please reach out for 24/7 crisis support: call 988 or text "HOME" to 741741.

PCOE is committed to the full inclusion of all individuals and remaining compliant with the American with Disabilities and Fair Employment and Housing Acts. As part of this commitment, PCOE will work to ensure that persons with disabilities are provided reasonable accommodations. Persons with disabilities who wish to request reasonable accommodations or who have questions about access, please contact: Jessica LeFohn: jlefohn@placercoe.org 530.745.1467