PCOE
GOLD IN EDUCATION
Gayle Garbolino-Mojica
County Superintendent of Schools
WWW.PLACERCOE.ORG

CommunityConnections
Psychological Associates, Inc.

BE SENSITIVE, BE BRAVE
For Mental Health

Join us for a foundational, interactive workshop on mental health. This free workshop prepares community members to help friends and loved ones during times of distress.

Learn How To:

- 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

Workshops will be held via Zoom. Click on each date below to register:

- October 23rd 10am -12pm
- November 8th, 2pm - 4pm
- January 16th, 1pm - 3pm
- February 6th, 1pm - 3pm
- March 12th, 1pm - 3pm

If you would like to schedule a workshop for your organization, please contact Stephanie Kaiser, skaiser@placercoe.org

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