

You are invited to participate in a series of free educational and informational workshops to learn about mental health and wellness hosted by the Los Angeles County Mental Health Promoters Program.

**De Anza Elementary School.**

9/24/24 -  
*Mental Health and Stigma: Changing the Story*

10/22/24  
*Emotional Wellbeing and Stress*

11/12/24 -  
*Awareness, Treatment and Recovery from Anxiety*

12/10/24 -  
*Awareness, Treatment and Recovery from Depression*

