

Take Care of
Your Mind

**AT... YOU ARE ENOUGH SUICIDE
PREVENTION CENTER**

**837 EAST AVE Q-9
PALMDALE CA. 93550
TUESDAYS @ 1:30 PM**

WE WILL DISCUSS THESE TOPICS



1. HEALTH, WELLNESS, AND WHOLENESS
2. DEPRESSION AND ANXIETY
3. PRESERVING YOUR MEMORY
4. GOOD SLEEP FOR EMOTIONAL WELLBEING FOR OLDER ADULTS
5. HOARDING
6. HOW MUCH IS TOO MUCH
7. MANAGING YOUR MEDICATION
8. RESILIENCY
9. BULLYING
10. LATE-LIFE TRANSITIONS
11. GRIEF AND LOSS
12. HOLIDAY BLUES
13. SOCIAL ISOLATION
14. KNOW THE SCAMS, DON'T BE A VICTIM
15. EMOTIONAL INTELLIGENCE
16. STRESS MANAGEMENT
17. DISCOVER YOUR PASSION



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**



WORKSHOPS PRESENTED BY UNITED MENTAL HEALTH PROMOTER, MARIA AURORA LUGO
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FOR QUESTIONS RELATED TO DMH UNITED MENTAL HEALTH PROMOTERS PROGRAM CONTACT:
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