

The San Mateo County Filipino
Mental Health Initiative Presents:



Taking Charge of Your Health and Wellbeing

- Do you ever experience stress around school, family or social relationships?
- How do you support others who are experiencing these same things?

Come participate in this workshop intended to support Filipino and Filipino American students cope with stress and improve their wellness.

FOOD WILL BE PROVIDED!!
PLUS, the first 20 students in attendance will receive a free movie ticket!!

FRIDAY MARCH 4th
Westmoor High School Room 100
3:15 - 4:45