



Wellness In Mind Workshop

Please join us for a workshop series to build awareness on mental health in the Filipino community. This workshop will provide introductory knowledge, signs, symptoms, and resources related to mental health. This is open to all individuals, families, and community members. Attendance for all four days is recommended, but not required, so please join us on a day that best fits your needs.

Workshop Topics:

March 12th, 2017 – Depression & Anxiety

April 2nd, 2017 – Addictions & Eating Disorders

May 21st, 2017 – Bipolar Disorder & Psychosis

June 4th, 2017 – Intellectual Disabilities & Completion of workshop series

Selected Sundays 12:30 PM – 1:15 PM

Holy Child and St. Martin Episcopal

777 Southgate Ave.

Daly City, CA 94015

(Participate for a chance to win a gift card)

For questions or comments:

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