



Empowerment Begins with You

Wellness, Resilience & Recovery

A healthy mind, body and spirit promotes healthy families and communities.

Kick off Black History Month with the African American Community Initiative (AACI). Learn how to maintain and improve your health and well being at this fun, informative and free event, featuring informational speakers, real stories from real people, interactive activities for children, resource tables and cultural entertainment. A soulful lunch will be provided. This event is free and open to all to attend.

Learn about

- Suicide risks and substance use in the African American community, presented by Dr. Shannon Moore-Langston, MD, JD, BHRS Psychiatric Resident.
- The warning signs of someone who may be thinking about suicide and how to help.
- Lived Experience speaker, LaShondra Goode's experience with substance use and recovery.
- Young adult perspectives on substance use and suicide through the Photovoice panel.

FREE PUBLIC EVENT

**Saturday, January 27, 2018
9:30 a.m. to 2 p.m.**

Martin Luther King Jr. Community Center
725 Monte Diablo Ave.
San Mateo, CA 94401

Activities for children

More Info

www.smchealth.org/empowerment

Questions?

Laurel Elliott

lelliott@smcgov.org, 650-301-8665



COUNTY OF SAN MATEO
HEALTH SYSTEM
BEHAVIORAL HEALTH
& RECOVERY SERVICES



Behavioral Health
& Recovery Services
SAN MATEO COUNTY
Office of Diversity and Equity

