San Mateo County Arab Community Workgroup presents:

Health, Mood, and Well-being: Services for You and Your Family!

Join the Arab-American Community for a presentation and discussion around ways to improve your emotional and mental well-being.

Learn about the different resources and services offered through San Mateo County.

Thursday, April 14
6:00pm – 7:30pm
Westmoor High School
131 Westmoor Avenue, Daly City
In the Band Room

Raffle Prizes!

- Child care for children age 5-12
- Food and beverages provided
- Arabic interpreter services
- All are welcome!

For questions or inquiries, contact:
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