

INTEGRATED BEHAVIORAL HEALTH

FREE WELLNESS WORKSHOPS

<https://smchealth.doxy.me/ibh>

June

**Facing
Worries & Panic**
Wednesday 12
4:30-6:00pm

**Stress Management
(English)**
Friday 28
1:00-2:30pm

July

Relaxation & Breathing
Tuesday 9
10:00-11:30am

Managing Your Mood
Thursday 25
10:00-11:30am

August

**Overcoming
Procrastination**
Thursday 8
9:30-11:00am

**Stress Management
(Spanish)**
Wednesday 28
1:30-3:00pm

Anytime Recordings

**Sleeping Better
Communication in Relationships
Caring for Caregivers
Managing Your Mood**



All meetings are online, with video
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All meetings offered in English with Spanish interpretation (except Stress Management)
Please talk to your primary care provider (PCP) to enroll, or call 650-573-2760