2022 Health & Wellness Conference: Hey students, do you want to discuss and learn about current topics about Health and Wellness? Depression/Anxiety, Stress, Eating Disorders, Psychology of Sexual Assault Survivors, Suicide Prevention, Healthy Food/Nutrition, Exercise/Nutrition, Drugs/Alcohol/Tobacco Addiction, Covid-19 and Variants, Vaccine Education and more!

Registration is now open for an amazing youth leadership conference on Saturday, March 5 from 9:00 am-1:00 pm. Brought to you by your youth leaders from the San Mateo County Youth Commission, this online conference is FREE! Join other county youth leaders on March 5 for a morning of learning and engaging discussion with other students as well as professionals in the health field. Make connections & win prizes! Register at:

bit.ly/HealthandWellnessConference

You must register to receive the zoom link for the conference. Q's? Email: Laura Weppner at laura@weppnerfamily.com.

For more info. visit: https://sfarchdiocese.org/event/mhc_2022

Visión y Compromiso is committed to community well-being by supporting Promotores and other grassroots community leaders in California. Our approach invests in the personal and professional development of each promotor as a leader of change who influences her/his own family and surrounding community. Building mutually respectful and trusting relationships with community residents over time has the potential to improve health and expand opportunities in low income and immigrant communities across California.

Our Mental health Advocacy Project will conclude at the end of this fiscal year (June 2022), and we are asking for your support in participating virtually in our provider round table discussion to give us your opinion and thoughts on the multifaceted problems faced by our Latino, immigrant, and refugee community as it pertains to receiving mental health services.
1. April 20, 2022      San Mateo County

If you are able to participate, please reply to this email and we will forward you a zoom link. We thank you for your support and collaboration, which will result in healthy communities, families, and individuals.

Arturo M. Salazar, MSW
Mental Health Program Manager

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Doris Estremera (she/her): MHSA website for more information:
www.smchealth.org/MHSA
01:10:40 Leticia ("Leti") Bidó (She/Her): *Next MHSA Steering Committee Meeting (Open to Public):
Thursday, 5/5 @ 3-4:30pm.

Sylvia Tang | She/Her | SMC BHRS ODE: To join the mailing list and/or get involved with SPC, you can reach out to Suicide Prevention Committee Co-Chairs Sylvia Tang (650-578-7165 stang@smcgov.org) and Zena Andreani (650.339.5803 | zena.andreani@star-vista.org).
01:30:04 Sylvia Tang | She/Her | SMC BHRS ODE: Thank you Commissioners for voting for updated commission name and by laws! And thanks to Chantae for all the behind the scenes support!
01:37:08 Doris Estremera (she/her): MHSA website:
https://www.smchealth.org/MHSA
01:47:11 Leticia Bidó (she/her): Send Public Comments on FY 2022-23 MHSA Annual Update to Doris Estremera, MHSA Manager-
Email: mhsa@smcgov.org / Phone: (650) 573-2889
For the optional Public Comment Form visit (under “Announcements”): https://www.smchealth.org/MHSA