



MENTAL HEALTH SERIES with

Wednesdays

6:00pm(English)

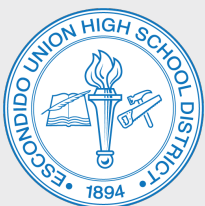
<https://bit.ly/2R6dPxY>

& 7:00pm(Spanish)

<https://bit.ly/2Zmzg2p>

In partnership with Interfaith, EUHSD invites all Escondido families to join the workshops. Interfaith's mental health professionals will lead presentations for our local community on a variety of mental health topics.

Series will be held via Zoom. For more information, please contact your school's Family Engagement Coordinator.



Monica Navarro (VHS)
mnavarro@euhsd.org; 760-291-2203
Martha Sarabia (OGHS)
msarabia@euhsd.org; 760-291-5078
Diana Garcia (EHS)
dgarcia2@euhsd.org; 760-291-4042

Mental Health 101

Wednesday, Sept. 16

6:00pm - English

7:00pm - Spanish

Depression in teens

Wednesday, Sept. 30

6:00pm - English

7:00pm - Spanish

Trauma, Resiliency, and Post-traumatic Growth

Wednesday, Oct. 14

6:00pm - English

7:00pm - Spanish

Reducing the Stigma around Mental Illnesses

Wednesday, Oct. 28

6:00pm - English

7:00pm - Spanish

Coping during COVID & after

Wednesday, Nov. 18

6:00pm - English

7:00pm - Spanish