



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



9/17/2025

10:00 AM

Department of Mental Health presents:

EMOTIONAL WELL-BEING AND STRESS

This workshop will be presented in Spanish
Please request interpretation by 9/10/25



For interpretation or more information:

Christian Chacon

310-543-0152

christian.chacon@harborrc.org

<https://bit.ly/4hj4mgn>

Promoters are not therapists or psychologists.
They cannot give their opinion regarding
treatment methods and/or medication



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



17/09/2025
10:00 AM

El Departamento de Salud Mental presenta:
**BIENESTAR EMOCIONAL
Y ESTRES**

Este taller sera presentado en español



Para interpretación o mas información:

Christian Chacon

310-543-0152

christian.chacon@harborrc.org

<https://bit.ly/4hj4mgn>

El/la promotor(a) no es terapeuta ni psicólogo,
por lo tanto, no puede dar su opinión sobre
tratamientos psicológicos o medicamentos