



Exploring Mental Health Through Creative Arts

A Series of FREE Workshops for the Spanish Speaking Community

***Workshop Topics:
Identifying Our Emotions
Trauma and Loss
Self Confidence
Happiness and Gratitude***

***Dates: Four Consecutive Tuesday's
October 23, 2018
October 30, 2018
November 6, 2018
November 13, 2018***

Time: 7pm to 9pm

***Location: As You Are Church
7855 Lindley Ave. Reseda, CA***

Facilitated By: Dr. Elisa Rodriguez, EdD, LMFT

For more information or to RSVP please contact CCE offices at (818) 860-1223