



Logrando Bienestar
ACHIEVING WELL-BEING

Healthy Mind - Healthy Body Parent Workshops

**Workshops designed to help parents
understand the importance
of mental and emotional health.**

Updated!

**English
Only!**

Virtual Presentation only

Zoom link:

<https://hueneme-org.zoom.us/j/84581732604>

- **January 24-5:30-6:30 pm-
Depression/Anxiety**
- **January 31- 5:30-6:30 p.m.- Healthy Families
and Wellbeing**