



City of El Monte  
Parks, Recreation & Community Services Department

In recognition of Mental Health Awareness Month,  
The City of El Monte Jr. Recreation Leader Volunteer  
Program is hosting a

# MENTAL HEALTH AWARENESS COMMUNITY RESOURCE FAIR



**Saturday, May 18, 2019**

**9:00 AM - 2:00 PM**

**At the El Monte Community Center**

3130 N. Tyler Ave. El Monte, CA. 91731

- Admission is Free and Open to the Public.
- Free child care will be provided.
- Pre-registration is limited to the first 150 participants.

Educational Workshops, Community Resource Booths, Free Continental Breakfast and Lunch, Giveaways, Opportunity Drawings and much more.

## Educational Workshops will focus on topics such as :

- Building Healthy Relationships
- Identifying the symptoms of Anxiety, Depression, and Addiction
  - Resiliency and Coping Skills
  - Effective Communication Skills
  - Pressures of Social Media
  - Suicide Prevention

#mentalhealthawareness #breakthestigma #timetotalk  
#mentalhealthmatters #healthyelmonte

Register online through ActiveNet with  
<https://apm.activecommunities.com/elmonteparksandrec/activitysearch/1798>

For more information, please call Veronica Meza at  
(626) 580-2240 Monday-Thursday 9:00am-5:30pm.

*The Friendly City of El Monte*