

El Centro de Amistad Mental Health Awareness Day Activities **MAY 3, 2018**

MENTAL HEALTH AWARENESS MONTH

El Centro de Amistad's **Community Mental Health Day** promotes positive mental wellness by bringing the community together to learn about holistic medicine, physical health, nutrition, and individual and family therapy to promote healthy homes in San Fernando Valley. **ALL ACTIVITIES ARE FREE OF CHARGE.**



ACCESSIBLE YOGA FOR ALL

Bring your yoga mat and join us for gentle stretches and breathing techniques to promote calmness and flexibility. Inclusive yoga for all ages, abilities and experience. Led by: De Jur Jones Yoga Therapist, C-IAYT

9:00 am to 10:00 am, RSVP at Lizz.d@ecda.org by April 27

Location: San Fernando Regional Pool
2nd floor, Banquet Room
300 Park Avenue, San Fernando, CA 91340



CULTURAL COMPETENCY TRAINING: LATINO/HISPANIC CULTURE

This presentation will describe how culture affects clinical care with an emphasis on Latinos. Although the focus is on Latinos, which is soon to be the largest minority group in the United States, the concepts that emerge apply to any cultural group. The following components of culture's effect on clinical care will be discussed: cultural values, language, folk illnesses and healing, parent, client and family beliefs, and provider practices including misdiagnosis due to lack of cultural knowledge, sensitivity and humility from provider. Clinical impacts will be discussed as well as practical solutions to ensure that culturally sensitive care is provided. Great training for social service and mental health professionals. Presented by: Sara Pineda, MA., LMFT ECDA Program Director

11:00 am to 12:30 pm, RSVP at Lizz.d@ecda.org by April 27

Location: San Fernando Regional Pool
2nd floor, Banquet Room, 300 Park Ave, San Fernando, CA 91340



COMMUNITY RESOURCE FAIR FOR THE FAMILIES OF PACOIMA CHARTER SCHOOL

El Centro de Amistad is partnering with Pacoima Charter School to bring resources to the school's families. Resources include information on mental and physical health, after school programs, tutoring, and college preparation amongst others.

This event is closed to the public.



Established in 1977 El Centro De Amistad, Inc. (ECDA) is a multi-lingual, cross-cultural organization dedicated to providing a comprehensive range of mental health services for children, families and adults in the San Fernando Valley.

