



# JOIN OUR WEEKLY VIRTUAL MENTAL HEALTH SUPPORT GROUPS

from the comfort and safety of your own home.

If these current times have you feeling anxious, stressed, or depressed, you are not alone! To offer support, we are now hosting a series of weekly virtual support groups during June designed to increase self-care, provide coping strategies, and educate on the importance of childhood mental health. Listed below is our calendar of events for June. Click on the flyers to be directed to the Zoom groups.

## Self-Care During the Pandemic & Beyond Zoom Class

Love Your Self

June 10, 2020 Meeting ID: 960 0064 7108  
12-1:00 pm Password ID: 216191

JOIN US FOR A ONE HOUR ZOOM CLASS  
LEAD BY ECDA CLINICAL TRAINING SUPERVISOR,  
MISTY FARMER, MSW, L.C.S.W., 64154

WHERE YOU WILL LEARN:

- LEARN ABOUT THE IMPORTANCE OF SELF-CARE & COMMUNITY CARE
- LEARN ABOUT THE PILLARS OF WELL-BEING & THE IMPORTANCE OF BALANCE
- LEARN & PRACTICE RELAXATION SKILLS & DAILY AFFIRMATIONS TO ENHANCE YOUR SELF-CARE PRACTICE



## INFANT AND EARLY CHILDHOOD MENTAL HEALTH ZOOM CLASS

June 17, 2020 Meeting ID: 929 1992 9850  
12-1:00 pm Password ID: 585342

JOIN US FOR A ONE HOUR ZOOM CLASS  
LEAD BY ECDA INFANT & EARLY CHILDHOOD MENTAL HEALTH PROGRAM MANAGER,  
SARA PARNASS, LMFT, 85606

WHERE YOU WILL LEARN:

- LEARN ABOUT THE IMPORTANCE OF INFANT & EARLY CHILDHOOD MENTAL HEALTH
- LEARN THE IMPORTANCE OF ATTACHMENT & RELATIONSHIPS IN THE EARLY DEVELOPMENT
- LEARN GUIDING PRINCIPLES OF INFANT MENTAL HEALTH & THE IMPORTANCE OF REFLECTIVE PRACTICE



## C.A.R.E. 4 Success VIRTUAL SUPPORT GROUP

Join our 10-week mental health support group where each week, we will be focusing on different topics relating to family dynamics and where you will learn practical coping skills.



MEETS EVERY WEDNESDAY AT 4:00 PM  
ZOOM MEETING ID: 925 0774 1080  
MEETING PASSWORD: 937917

Facilitated by ECDA Mental Health Therapist Supervisor, Daisy Rosales, MA, LMFT #101424

- Let's Connect as a Community and Gain Support by:
- Learning how to overcome stressors and use relaxation strategies during COVID-19
  - Discussing stress management and anxiety and learn coping strategies
  - Discussing Employment loss/stress related to income loss
  - Learn how to better manage your time/schedule and becoming more motivated

ALL OF THIS...AND MORE!



## HAGA DE LA PATERNIDAD UN PLACER Un grupo de apoyo virtual

Comenzando el 18 de junio del 2020 hasta el 23 de julio del 2020

Todos los jueves de las 9 AM a 10:30 AM



Que aprenderás:

- la importancia del autocuidado
- aprenderán técnicas para el manejo práctico del estrés y las habilidades de comunicación
- además de obtener una red de apoyo social que puede continuar después de que termine la clase

ZOOM Iniciar Sesión:

ID de Reunión: 984 0644 5763  
Contraseña de Reunión: 134220

