

Mental Health Awareness

Topic: Behavioral Health and Family Resources

Speaker: Anna Sabio, LCSW, Director, Behavioral Health

Date: Thursday, May 14, 2026

Time: 12:00 – 1:00 PM

Join Anna Sabio, Director, Behavioral Health, as she presents John Muir Health's Behavioral Health and Family Resources including our new Skills Handbook: Your Path to Resiliency and Recovery



Register for the webinar [here](#) or use the QR Code



Webinars are offered to
all John Muir Health patients and to the public



Meet Anna Sabio, MSW, LCSW, Director, Behavioral Health

Anna received two Bachelor's Degrees: Psychology and International Studies from University of California at Irvine. She received her Masters in Social Work from New York University. In New York, she worked with the dual diagnosis population at Weill Cornell Medical College /New York-Presbyterian Hospital. There, she went on to obtain her LMSW and LCSW and managed a bustling private practice along with her work in The Weill Cornell Public Health Department's outpatient program. Anna is currently one of the Directors at John Muir Health's Behavioral Health.

