



ASSEMBLY MEMBER

**Adrin Nazarian**

DISTRICT 46



We can't deny it: the pandemic has caused a mental health crisis in our community. Many of us don't take advantage of stress-relieving techniques when we're feeling pressure. Given these difficult times, it's important for us to take care of ourselves and others around us. That's why I'm hosting *Self-Defense for the Soul: Road to Better Days*, free virtual workshops focusing on mental health during and after COVID.

Please join me, Women's Self Defense Instructor Jean Morrison, and Strength United's Associate Director Stephanie Molen during Sexual Assault Awareness Month as we learn to practice self-care and use a positive mindset to strengthen our resilience during moments of significant change. I'm proud to offer this free opportunity to the community as we strive towards greater mental health understanding and awareness.

What you will learn and gain:

- Creating self-compassionate, calming methods for healing;
- Step-by-step therapeutic decision-making;
- A positive mindset to experience a positive life; and
- The wisdom in overcoming fear of failure, doubt and self-judgment.

Please RSVP below:

April 17, 2021  
2 - 3:30 p.m.

April 18, 2021  
2 - 3:30 p.m.

April 20, 2021  
5:30 - 7 p.m.

RSVP

RSVP

RSVP

I hope to see you there. For more information, please email my Field Representative Ryan Ahari at [ryan.ahari@asm.ca.gov](mailto:ryan.ahari@asm.ca.gov), call my office at (818) 376-4246, or visit my website.

Sincerely,



Assemblymember Adrin Nazarian  
46th Assembly District

*visit* **MY WEBSITE**

*send* **ME AN EMAIL**

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