



Belonging begins here.

## Mental Well-Being Workshops

Opening Doors' Health Programs provide access to culturally responsive health, mental and behavioral health care to immigrants and refugees that have experienced trauma, domestic violence, and other mental health concerns.

Join us for our 6-week mental well-being workshops in Spanish, Dari, Pashto, and English. Our health navigators can also assist in connecting you to short-term counseling and resources.



### English

July 11- Aug 15th

⌚ Time: Thursdays 5pm-7pm  
📍 Where: Virtual on Zoom  
📞 Register: (916) 695-6593  
<https://bit.ly/49ZH2mk>



### Workshop Topics

Introduction to Mental Health

Self-Care and Self-Esteem

Healthy Eating, Healthy Living

Healthy Relationships

Navigating Mental Health Services

Overview and Certificates

### Spanish

July 9th - Aug 13th

⌚ Time: Tuesdays 10am -12pm  
📍 Where: Virtual on Zoom  
📞 Register: (916) 695-6593  
<https://bit.ly/3Q7QfyM>



### Dari/Pashto

July 10th - Aug 14th

⌚ Time: Wednesdays 1pm-3pm  
📍 Where: Virtual on Zoom  
📞 Register: (209) 875-8094  
<https://bit.ly/4aWd9Tm>



### For more information, contact:

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