

# COMMUNITY EDUCATION PROGRAM

## PURPOSE & GOALS

The Community Education Program's goal is to create awareness and educate the community about how to prevent challenges in the daily lives of our community.

We offer a variety of workshops tailored to the needs of our community. Each workshop has been developed to educate and empower. They are delivered in culturally competent, linguistically appropriate manner with a consideration for age and comprehension.



## WORKSHOPS



**Offered in 5 languages: Arabic, Dari, Farsi, Pashto and Urdu**

- Anti-bullying
- What is Mental Health?
- Know Your Rights
- Counseling 101
- Parenting Young Children
- Mental Health First Aid (MHFA)
- Parenting Teens
- Many more available upon request

One-hour workshops typically provide basic information and concepts. Longer workshops provide opportunities for presenters to cover more information, expand on concepts, and may include more interactions, discussions, and/or activities.

**To book a workshop or get more information, please reach out via phone or email.**

 **(916) 486 - 8626**

 **info@mas-ssf.org**