

# Lunch N Learn Mental Health Awareness Roundtable

*CPRS District 3 Lunch N Learn*

**Parks  
Make  
Life  
Better!**

## August 15

*Thursday*

*11:00 am - 1:00 pm*

*Bella Vista Room  
1998 Park Loop Road  
San Ramon, CA 94582*



# district 3

The speed of life and stresses around us seem to be ever-increasing. As public servants it is important to be sensitive to the psychological and emotional climates of those around us. The discussion on mental health is broader than just mental illness. Come for a conversation about signs of distress, engaging in productive conversations, and guiding people to appropriate resources. Discussion will also cover how your agency can celebrate Unity Day.

Questions? Contact Jessica Reaber at  
[jreaber@sanramon.ca.gov](mailto:jreaber@sanramon.ca.gov)

**Register Today!**

<https://cprsd3.redpodium.com/d3mentalhealth>