## Lunch N Learn Mental Health Awareness Roundtable

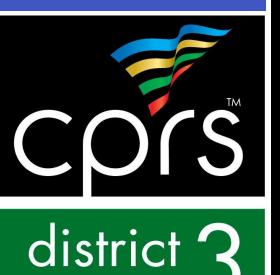
CPRS District 3 Lunch N Learn



## August 15

Thursday 11:00 am - 1:00 pm

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



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

Register Today! https://cprsd3.redpodium.com/d3mentalhealth