

# Protecting Youth Mental Health

## Panel Discussion



### Supporting Mental Health in our Youth is Vital - Learn How You Can Help

You're invited to join MemorialCare Miller Children's & Women's Hospital Long Beach and local community experts for an important panel discussion to learn how you can become an advocate for the mental well-being of the children and adolescents in your life to help manage the stress and anxiety of growing up.

**Thursday, May 23**

10 - 11:30 a.m.

Houssels Forum

MemorialCare Long Beach Medical Center  
2801 Atlantic Ave., Long Beach, CA

### Meet Our Panelists



**Ioana Pal, Psy.D.,**  
Clinical Psychologist,  
MemorialCare Miller  
Children's & Women's  
Hospital Long Beach



**Peter Baek,**  
Manager,  
Youth & Family Services,  
LGBTQ Center Long Beach



**Catrina Flores, LCSW, CPRP,**  
Vice President,  
Internal Staff Development  
and Training,  
Mental Health America  
of Los Angeles



**Michael Vitug,**  
Executive Director,  
Intertrend Communications,  
Make Noise Today



**Christina Zavalza, Psy.D.,**  
Pediatric Psychologist,  
The Guidance Center



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