



INCREASE YOUR RESILIENCY

Mental Health America of Los Angeles (MHALA) is offering a free one-hour Zoom training on physical and mental resiliency. This training is a public service for college students.

Participants receive a \$40 gift card.

Learn practical skills that can help you fortify yourself in the face of day-to-day stress and overload, including:

- The Art of Sleeping: How to Sleep Efficiently
- Brief Stress Management and Mindfulness Techniques to Use Throughout the Day
- Dealing with Family, Friends, and Co-workers
- Coping with Stressful Situations
- Goal Setting for Your Best Life
- Coping with Trauma
- Avoiding Burnout from the Multiple Demands and Roles of Family, School, and Work Life

INSTRUCTORS

Christina Miller, PhD, President & CEO, MHALA

Rose Lopez, PhD, Senior Director of Curriculum & Training, MHALA

CHOOSE FROM ONE OF TWO TRAININGS

- Feb. 11, 2025: 5:00pm - 6:00pm
- Feb. 25, 2025: 5:00pm - 6:00pm

REGISTER

Carey White at cwhite@mhala.org or 562.999.6964

www.mhala.org