
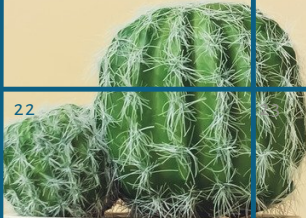






AUGUST 2021

SUN	MON	TUE	WED	THU	FRI	SAT
<p>01</p>  <p><b>ocapica</b></p> <p>WEBINARS AND 15 MINUTE CONSULTATIONS ARE FOR <u>ADULTS, 18 OR OLDER</u></p>	<p>02</p> <p><u>MINDFUL DECLUTTERING</u> TIME: 10:30 - 11:30 A.M.</p> <p><u>CULTIVATING YOUR SELF-WORTH</u> TIME: 3:00 - 4:00 P.M.</p>	<p>03</p> <p><u>FOSTERING POSITIVE COPING SKILLS &amp; SELF CARE DURING COVID-19</u> TIME: 10:30 - 11:30 A.M.</p>	<p>04</p> <p><u>SLEEP MANAGEMENT DURING COVID-19</u> TIME: 10:00 - 11:00 A.M.</p>	<p>05</p> <p><u>FOSTERING POSITIVE COPING SKILLS &amp; SELF CARE DURING COVID-19</u> TIME: 10:30 - 11:30 A.M.</p> <p><u>SLEEP MANAGEMENT DURING COVID-19</u> TIME: 1:00 - 2:00 P.M.</p>	06	07
08	<p>09</p> <p><u>MAINTAINING YOUR SOCIAL BOUNDARIES DURING COVID-19</u> TIME: 2:00 - 3:00 P.M.</p>	<p>10</p> <p><u>FOSTERING POSITIVE COPING SKILLS &amp; SELF CARE DURING COVID-19</u> TIME: 10:30 - 11:30 A.M.</p>	<p>11</p> <p><u>SLEEP MANAGEMENT DURING COVID-19</u> TIME: 10:00 - 11:00 A.M.</p> <p><u>COPING WITH ANXIETY IN SOCIAL SITUATIONS: IN PERSON AND ONLINE</u> TIME: 4:00 - 5:00 P.M.</p>	<p>12</p> <p><u>FOSTERING POSITIVE COPING SKILLS &amp; SELF CARE DURING COVID-19</u> TIME: 10:30 - 11:30 A.M.</p> <p><u>SLEEP MANAGEMENT DURING COVID-19</u> TIME: 1:00 - 2:00 P.M.</p> <p><u>MINDFUL REFLECTION</u> TIME: 3:30 - 4:30 P.M.</p>	13	<p><b>Free. 15 minute consultations: resources &amp; support click here to sign up.</b></p>
15	16	<p>17</p> <p><u>FOSTERING POSITIVE COPING SKILLS &amp; SELF CARE DURING COVID-19</u> TIME: 10:30 - 11:30 A.M.</p>	<p>18</p> <p><u>MINDFUL DECLUTTERING</u> TIME: 10:00 - 11:00 A.M.</p>	<p>19</p> <p><u>FOSTERING POSITIVE COPING SKILLS &amp; SELF CARE DURING COVID-19</u> TIME: 10:30 - 11:30 A.M.</p>	<p>20</p> <p><u>SLEEP MANAGEMENT DURING COVID-19</u> TIME: 10:30 - 11:30 A.M.</p> <p><u>CULTIVATING YOUR SELF-WORTH</u> TIME: 2:00 - 3:00 P.M.</p>	
<p>22</p> 	23	<p>24</p> <p><u>FOSTERING POSITIVE COPING SKILLS &amp; SELF CARE DURING COVID-19</u> TIME: 10:30 - 11:30 A.M.</p> <p><u>MINDFUL REFLECTION</u> TIME: 2:30 - 3:30 P.M.</p>	<p>25</p> <p><u>COPING WITH ANXIETY IN SOCIAL SITUATIONS: IN PERSON AND ONLINE</u> TIME: 11:00 - 12:00 P.M.</p>	26	<p>27</p> <p><u>SLEEP MANAGEMENT DURING COVID-19</u> TIME: 10:30 - 11:30 A.M.</p> <p><u>MAINTAINING YOUR SOCIAL BOUNDARIES DURING COVID-19</u> TIME: 12:00 - 1:00 P.M.</p>	28
<p>29</p>  <p>MENTAL HEALTH SERVICES ACT CALIFORNIA WELLNESS - RECOVERY - RESILIENCE</p>	<p>30</p> <p><u>CULTIVATING YOUR SELF-WORTH</u> TIME: 3:00 - 4:00 P.M.</p>	<p>31</p> <p><u>SLEEP MANAGEMENT DURING COVID-19</u> TIME: 10:30 - 11:30 A.M.</p>				  

Copy a link to this design

<https://www.canva.com/> Copy

TO RSVP, CLICK THE WORKSHOP TITLE AND COMPLETE THE DEMOGRAPHIC INFORMATION. FUNDED BY: OC HEALTH CARE AGENCY

PHONE: 844-530-0240 RSVP WITH PROGRAM SUPERVISOR YUKI SHIDA (YSHIDA@OCAPICA.ORG) MENTAL HEALTH SERVICES ACT / PROP. 63