



Western Youth Services in collaboration with Shanti OC bring you:

Wellness Workshops

With Arts and Crafts

Classes are open to anyone over the age of 18.

Please feel free to extend the invite to your friends and family!

Time: 6 p.m. - 7:30 p.m.

Date	Focus	Presenter
Tuesday, Aug. 9	Self Esteem	Dania Lizalde, WYS
Tuesday, Sept. 13	Healthy Relationships	Dania Lizalde, WYS
Tuesday, Oct. 11	Mental Health Stigma	Nancy Rodriguez, Mission Hospital
Tuesday, Nov. 8	Holiday Stress Management	Francisco Marroquin, WYS
Tuesday, Dec. 13	Beating the Holiday Blues	Lorraine Tuala, OCAPICA

For questions, or if you are need of transportation assistance (bus passes may be provided) please call: **1-844-243-0048**

Location:

Shanti Orange County

23461 South Pointe Drive, Suite 100

Laguna Hills, 92653

To **RSVP**, please call 949-452-0888 or email admin@shantioc.org

We look forward to seeing you there!

