



Mental Health

awareness

May is Mental Health Month

*Office of Family Affairs will be hosting a
presentation on:*

Self-Care & Mental Health

Enrique Ruiz ASW, Mental Health Peer Support Worker

Albert Hung Nguyen, MSW LCSW, PPSC

Date: Saturday May 25, 2019

Location: 2221 Enborg Lane, San Jose CA 95128

Time: 5:00 p.m. to 6:30 p.m.

Contact:

*Maria Gonzalez, Diana Guido or
Juan Perez at 408-792-2166*



Supporting wellness and Recovery