

REGISTER IN ADVANCE PARENT WORKSHOPS & THERAPY GROUPS

WINTER/SPRING 2023

Monthly parenting workshops are open to the public and free to attend. Workshops will be interactive, please come prepared to participate. See you there!

Please contact **Paulina Olvera** at **707.933.4482** or **thehub@hannacenter.org** to register in advance.



February Topic: **MEN'S MENTAL HEALTH**

Mental health is just as important as physical health. This workshop will provide a safe and welcoming place for men to discuss topics such as mental wellbeing, substance use, and depression. Nobody should have to struggle alone or in silence. Stay strong by speaking up.

Presented by:
Cindy Chaed Sutton, MA

Location:
Hanna Admissions Bldg.

Date:
Thursday, February 16

Time:
5:30pm – 7:00pm

March Topic: **COUPLES' COMMUNICATION**

Looking to improve communication with your partner? This workshop will provide an overview of communication styles and common "pitfalls," as well as tools and strategies to help couples improve their own communication skills. If possible, attendance by both partners is advised.

Presented by:
Ayanni Manning, MA

Location:
Hanna Admissions Bldg.

Date:
Friday, March 10

Time:
5:30pm – 7:00pm

April Topic: **THE MIND-BODY CONNECTION**

How does your body respond to stress? What about your mind? Our physical, mental, and emotional health are so intimately intertwined, it can be difficult to understand what our bodies are trying to tell us. This workshop will help you do just that.

Presented by:
Keanu Henley, MA

Location:
Hanna Admissions Bldg.

Date:
Friday, April 21

Time:
5:30pm – 7:00pm

24/7 DAD: GET THE FATHERING SKILLS YOU NEED

*24/7 Dad Goes Virtual! Join us for an interactive Therapy Group via Zoom. Learn about topics such as showing and handling feelings, communication, and co-parenting while connecting with other fathers in our community. **BILINGUAL GROUP*

Group facilitators: Emily Alona, LCSW & Erminio Carreno

Location: Zoom (link will be provided upon registration)

Dates: Mondays beginning January 16

Time: 1:00pm – 3:00pm

Cost: Insurance will be billed, or a sliding scale fee for services will be utilized

Please contact **Emily Alona, LCSW** at **707.933.2595** or **ealona@hannacenter.org** for more information.

**National
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 **COMMUNITY HUB**
MENTAL HEALTH AT HANNA