



FREE!
MENTAL
wellness
WORKSHOPS

A **Ivarado Parkway Institute (API)** is a free-standing psychiatric and addictive disorder facility serving the San Diego community for over 35 years.

API offers your clients **FREE Mental Wellness Workshops** led by one of San Diego's leading Behavioral Healthcare organizations as part of our community outreach initiative to improve mental health and wellness in our community.

We come to you!

Each 15-30-minute workshop includes information, interactive exercises, and is presented by a behavioral health professional **at your facility!**



SUBSTANCE USE DISORDER

Learn how substance abuse effects your mental health

DEPRESSION & ANXIETY

Learn the signs of depression and anxiety and some tools to manage both



RELATIONSHIPS & BOUNDARIES

Learn what healthy boundaries are and how to maintain healthy relationships

SOCIAL MEDIA & CYBER BULLYING

Learn how social media affects mental health and tools to deal with cyber bullying



GRIEF & LOSS

Discover effective tools to help move through grief and loss

For more information and to schedule a workshop for your group (minimum of 5 people), email marketing@apibhs.com