

CBLCSW MENTAL HEALTH CONSULTING

PRESENTS: *Culturally Responsive Mental Health Workshop*

About this workshop:

- ✦ This interactive workshop will introduce participants to the fundamentals of mental health, emotional regulation and practical tools that participants can take away to best support their mental well being.

Target audience participants:

- ✓ High school students
- ✓ Students transitioning to college
- ✓ Youth in transition to young adulthood

**PRESENTED BY: CHARDINAL BAIN, LCSW
LICENSED MENTAL HEALTH PROFESSIONAL**

WORKSHOP TOPICS & OBJECTIVES:

Mental Health Awareness

- What is mental health and why is it important to our daily functioning.
- How does mental health effect our physical health and well being.

Cultural Impacts of Mental Health

- Exploring causes of mental health factors within our communities.
- Discussing stigmas that impact minority mental health and how we can change the narrative.

Emotional Intelligence & Coping Skills

- What is emotional intelligence and how can it be applied.
- Exploring coping skills that can be used throughout daily life.
- Practical ways to advocate for your mental health needs in classroom or work settings.

For more info please contact: info@cblcsw.com



CBLCSW. LLC is a mental health platform geared towards promoting mental health awareness within communities of color

