

Wellness Wednesday

Learning to balance emotional health, stress management, build resilience and goal setting.

Join us every Wednesday, starting September 16th, from 1:30 pm to 2:30 pm



Presented by:

Lupe Martinez-Gin, ACSW

Bell/Cudahy/Maywood
Community of Schools

Kristal Montoya, LMFT

Lincoln Heights/El Sereno
Community of Schools

Leonor Miranda

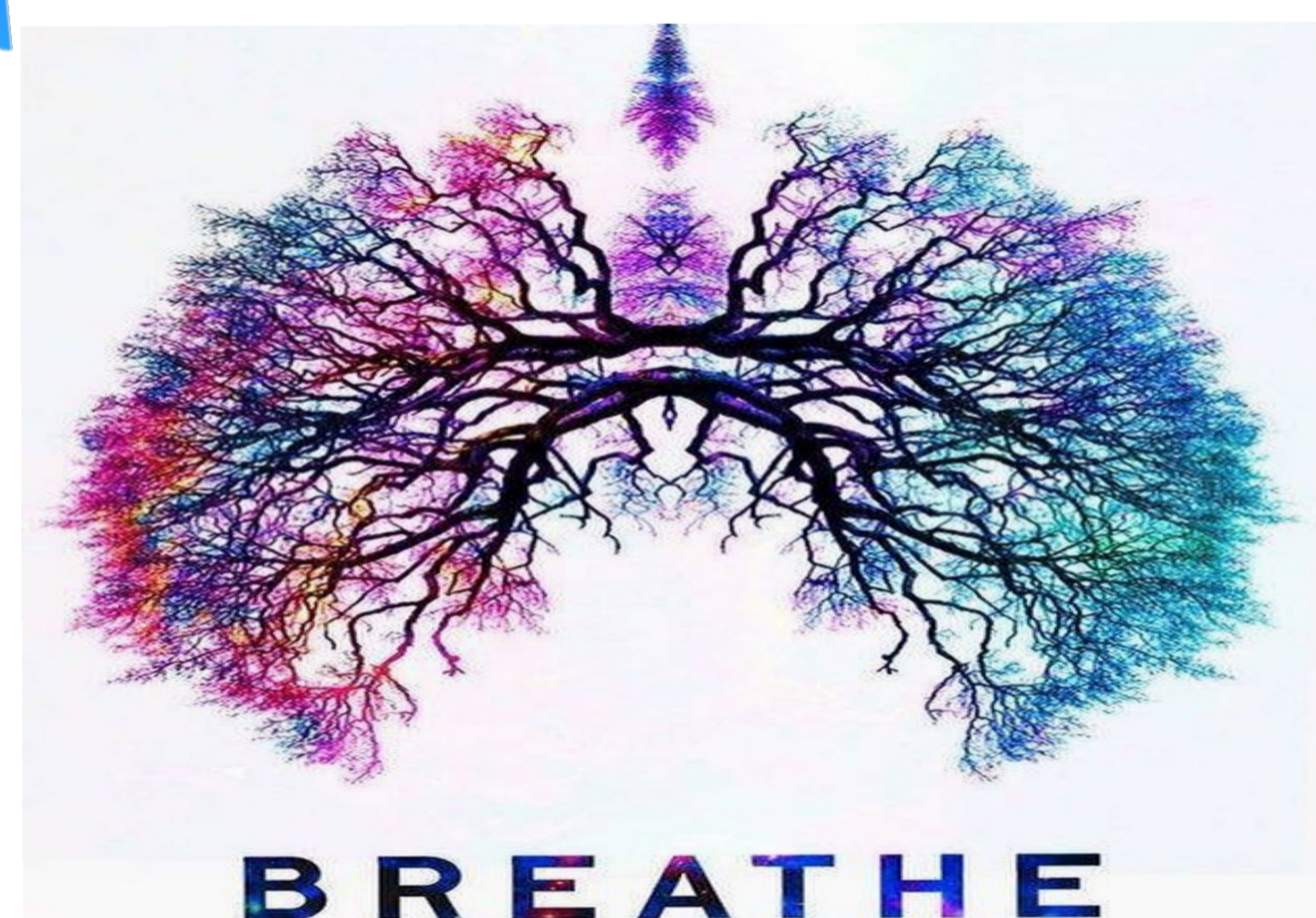
East Los Angeles
Community of Schools

Please use the bit.ly link
WEEKLY to register for
workshops or scan QR-code

http://bit.ly/Wellness_Wednesday



Fall 2020



Local District EAST



Follow us on social media



[Bell Cudahy
Maywood Cos](#)



[@bcm_cos](#)



[@bcm_cos](#)

Provide support in the following:

Stress Management, Anxiety, Social Emotional Learning (SEL), Parent Workshops, Trauma-Informed, Grief/Loss, Empathy, Equity:Race, Racism, Other Biases, and Wellness

Guadalupe Martinez-Gin, MTSS Advisor

**Serving the Bell, Cudahy and Maywood
Community of Schools**

**Available for consultations,
please email me at:**

gxm6178@lausd.net

