



PARENTS & CAREGIVERS  
FOR WELLNESS

Presents:

# Empowering Professionals

For professionals who work with parents/caregivers who have  
children with mental health care needs

**September 13, 2019**

**Uniting People Across Cultures (UPAC)**

**5296 University Ave., Suite A**

**San Diego, 92105**

**9:00 am - 3:00 pm**

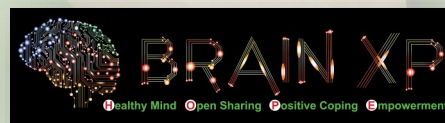
**Topics include:**

- **Changing the Language of Mental Health- ending the stigma toward those who suffer from mental health issues**
  - ◆ **Boundaries & Burnout— how to establish and maintain healthy client boundaries to prevent burnout**
  - ◆ **Complimentary Light Breakfast and Catered Lunch**

**RSVP at  
805.384.1555 or**

**[Eventbrite](#)**

In collaboration with:



Funding provided by the Mental Health Services Oversight and Accountability Commission