

CULTIVATE HEALTH PARENTING WORKSHOP



TEEN

DEPRESSION

July 19 | 9a English | 10:30a Spanish
Community Health & Wellness Center
1636 E. Mission Rd, Fallbrook

Learn to recognize signs of depression and
ways to help your teen.

Register Today!

tiny.one/cultivate

760.731.9187
fallbrookhealth.org

CULTIVA TU SALUD TALLER PARA PADRES



DEPRESIÓN EN ADOLESCENTES

July 19 | 10:30a Español

Community Health & Wellness Center
1636 E. Mission Rd, Fallbrook

Aprenda a reconocer las señales de depresión y las formas de ayudar a su adolescente.

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