

WE ARE NOT ALONE!

MENTAL HEALTH AND THE IMMIGRANT EXPERIENCE

OCTOBER 11TH, 2019 • 5:30PM - 8:30PM



This forum will bring Sonia L. Liggins, an expert in the area of mental health and the immigration experience to begin to identify the challenges faced by many immigrant families both nationally and in our local community. How do these challenges affect the mental health of our youth, children and families? Our presenter will outline her perspective then we will open the discussion to those attending the conference so that we can share concerns and knowledge in order to better support Latino families in our community.



Have you been unable to control your worrying?

Have you been afraid something terrible is going to happen?

Have you been anxious, or with your nerves on end?

Community Workshop on Mental Health & the Immigrant Experience
DINNER AND CHILD CARE PROVIDED

Longmont Senior Center
910 Longs Peak Ave,
Longmont, CO 80501

In Spanish!
(English interpretation will be available)
SAFE PLACE TO BE!



For more information contact:
Children, Youth and Families • 303-651-8580