

FREE WELLNESS SERIES

**PRESENTED BY SIERRA MENTAL
WELLNESS GROUP** 501(C)3 NON-PROFIT

WHEN

**March 20 - April 24
Thursdays at 6 pm**

WHERE

333 Sunrise Ave.

Suite 701

Roseville, CA 95661

Located on the first floor of the Roseville Gateway building.

***RAFFLE PRIZE AVAILABLE AFTER EACH SESSION**

***ATTENDEES OF ALL SIX SESSIONS ENTERED INTO A GRAND PRIZE
DRAWING.**

CHILD CARE AVAILABLE. \$2/CHILD (AGES 4-13)

Funding for this program is provided by the California Department of Mental Health, Mental Health Services Act (MHSA), and was administered by the County of Placer in partnership with the Placer Community Foundation.

MARCH 20TH

**OPENING THE DOOR:
TALKING WITH YOUR
CHILDREN ABOUT SEX**
PRESENTED BY:STEPHEN SIMONSON

MARCH 27TH

**THE SECRETS OF
COMMUNICATION**
PRESENTED BY: DAVID ROGERS

APRIL 3RD

GETTING THE JOB YOU WANT
PRESENTED BY: JANNA EVENS

APRIL 10TH

**EATING HABITS OF HEALTY
FAMILIES**
PRESENTED: BESTY BATESON

APRIL 17TH

**MEDICINE CABNET MAKE-
OVER**
PRESENTED BY: ALLSION MCNAMARA

APRIL 24TH

SELF EMPOWERMENT
PRESENTED BY: MARK E. THOMPSON