

Changing Minds – Minds Matter

SOUTH COUNTY BEHAVIORAL HEALTH
FREE RESOURCE FAIR

SATURDAY
MAY 20
2017

8:30 a.m. – 2:30 p.m.
Chula Vista High School
820 4th Avenue
Chula Vista, CA 91911

Join us!

Sharp Chula Vista Medical Center and more than **50 community partners** gather for a day of learning intended to inspire and empower. One in five adults in San Diego County faces behavioral health challenges, and many more friends and family members are affected by them. Recovery is possible, and help is available here in South County.

Workshops on:

Adult Behavioral Health • Child/Adolescent Behavioral Health
Substance Abuse • Caregiving
Suicide Prevention • Check Your Mood Screenings

To learn more, visit
www.sharp.com/changingminds

*“What’s broken can be mended. What hurts can be healed.
And no matter how dark it gets, the sun is going to rise
again.”*

South County
Action Network

SHARP Chula Vista
Medical Center