

# "CELEBRATING MENTAL HEALTH AND WELLNESS."



Virtual Student Events  
Week of May 18th-21st  
4:00p.m.-6:00p.m.

MENTAL HEALTH  
AWARENESS MONTH  
MAY 2021

**REGISTER HERE!**



FIRST 20 STUDENTS TO REGISTER WILL EARN PRIZES  
\*MUST ATTEND ALL 4 EVENTS

## DAY 1: TUESDAY, MAY 18TH

### 4:00p.m.-5:00p.m. Keynote Guest Speaker

Dr. Jose Antonio Choluta Bruno, MA, EdD  
Licensed Psychologist, PSY 32179  
Dr. Choluta Bruno is a SAUSD Alumni and community member raising awareness about the importance of mental health in the Latina/o Community. Come join us to hear his powerful story!



### 5:00p.m. -6:00p.m.-Yoga with Latino Health Access

"Stretch it out" and practice yoga with us! Space to stretch is highly encouraged.

## DAY 2: WEDNESDAY, MAY 19TH



### 4:00p.m.-5:00p.m. Guest Speakers

Margarita and Natalia Guzman, Las2wnz Fitness Coaches. Join us for an evening with Coaches Margarita and Natalia who will be sharing their journey into mental health through health and fitness.

### 5:00p.m.-6:00p.m. LAS2WNS

Join us for a Sweat Session!  
Coaches will guide us through some FUN workouts!  
Comfortable clothing is encouraged.



## DAY 3: THURSDAY, MAY 20TH

### Mental Health Action Day!

### 4:00p.m.-5:00p.m. Guest Speaker

Alejandro Martinez, UCI Alumni Class of 2021  
Join us for an empowering evening to hear Alejandro Martinez share their story of resilience and having a future career in the field of mental health.

5:00p.m. -6:00p.m. "Creating your Tree of Life" with Latino Health Access. Using your creativity for self-expression!  
Materials needed: Paper, Pencil, Color Pencils or markers.



## DAY 4: FRIDAY, MAY 21ST

4:00p.m.-5:00p.m. "Express Yourself" with Creative Arts facilitated by the Orange County Children's Therapeutic Arts Center (OCCTAC).

5:00p.m.-6:00p.m. Capture your thoughts in writing!

Journaling and Poetry interactive session hosted by SAUSD student leaders. Enter your Poetry Submission to win!

Winners will be announced during the event and prizes will be awarded for 1st, 2nd, and 3rd place winners.

