

Are you a community leader, health promoter, community health worker, in Clackamas, Jackson, Josephine, Marion or Polk counties? Are you interested in learning tools to promote the health and emotional well-being of the Latino community impacted by the wildfires?

We invite you to our training
Más Fuerte que la Adversidad: Emotional Health and Wellness
Strategies for Resiliency Building

This training is for traditional health workers and community leaders on topics related to emotional health, well-being and community resilience to deal with disasters and wildfires. Through **3** sessions, participants will learn skills and strategies to support and enhance the social and emotional wellness of their communities and to strengthen their own emotional health. **The training is held in Spanish and completely virtual on Zoom.**

Date: April 13, 20 and 27, 2022 (Participants must register and attend **all** sessions).

Time: 9am-12pm

Location: Via Zoom (Link will be sent once you register)

Cost: Free- thanks to the sponsorship of the Oregon Community Foundation

Facilitators: Dr. Ruth Zúñiga, Licensed Psychologist | Fabiola Arreola, Health Promoter | Julia Alcaraz and Natalia Figueroa, graduate students in psychology

To **Register** please send us your name, phone number, email and organization to fabiola@raicesdebienestar.org or call or text us at **971-417 6054**

Limited to 25 participants! Please register before April 6, 2022

This training is in approval process for 9 continuing education credit units by the Providence Health & Services (PHS) - Division of Community Health Community Health Worker Training Program, a program approved by the Oregon Health Authority (OHA).

These trainings are possible thanks to the financial sponsorship of the Oregon Community Foundation. We will have similar trainings in the future.