



NEWS

FOR IMMEDIATE RELEASE

Inaugural Forum for Healthy Minds Saturday, April 14, 2018

Yucaipa-Calimesa Joint Unified School District Hosts Inaugural Forum for Healthy Minds to Engage the Community, Raise Awareness, and Support Mental Health Issues and Suicide Prevention

Inland Empire, CA – Mental health problems affect every member of every community, with one in five American adults and one in ten young people experiencing mental health issues. Mental health issues are a growing cultural problem and Yucaipa-Calimesa Joint Unified School District (YCJUSD) is proud to join with the community to raise awareness of and support mental health issues and suicide prevention within our community. Consequences of mental health issues range from poor performance and poor self-esteem to the extreme of suicide. Our community has dealt with such tragedies and this Inaugural Forum for Healthy Minds will help provide support to our community and address REAL LIFE issues and solutions to help everyone.

In addition to two powerful keynote speakers, the Forum will include breakout sessions that will each focus on one aspect: early intervention, prevention, and postvention. Join us on Saturday, April 14, 2018, from 9:00am – 2:00pm at the Yucaipa Community Center, for a day full of great workshops and an incredible resource fair all designed to promote Healthy Minds and Hope within our community.

The Forum also includes lunch and a comfortable venue to make new contacts, gain the latest information in mental health, and find resources and support within your community. If you have any questions please contact Jazmine Martinez at jmartinez@csjpa.org

Help YCJUSD impact the lives of our community by attending the Forum on Saturday, April 14, 2018, at the Yucaipa Community Center, 34900 Oak Glen Rd., Yucaipa, CA 92399. Register to attend *for free* at: www.csjpa.org/HOPE or call 909-763-4917.