

HEALTH AND HUMAN RESOURCE EDUCATION CENTER INVITES YOU TO ATTEND THE DECEMBER COMMUNITY BASED LEARNING TRAINING



December 12 10am-11:30am | Recognizing and Reducing Stress Symptoms LaFreshia "Free" Brown, LPCC, CADCI

Free Brown is a licensed psychotherapist in California and Texas with over 13 years of experience. She is a clinician, consultant, and program developer. She is the founder of Sankofa Garden, which seeks to merge horticulture therapy, art, and sustainable food production. She is the owner of Thera Share, a group practice and co-working space for BIPOC therapists. [REGISTER HERE](#)



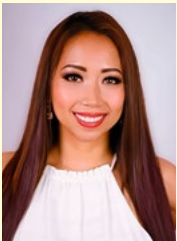
December 13 2pm-3:30pm | Working with the Re-Entry Community Gaylon Logan, Jr.

Gaylon Logan, Jr. is a thought leader, founder and CEO of Village-Connect Inc., an award-winning community-based organization. Village-Connect uses an integrated system of care that employs individual, group, family, and community coaching. [REGISTER HERE](#)



December 14 2pm-3:30pm | African American Older Adults (59 and up) Derethia DuVal, Ph.D, MFT

Dr. DuVal is an Emeritus faculty member/retired Director of the Counseling; Psychological Services at San Francisco State University. A psychotherapist in the Bay Area for 45 years, Dr. DuVal has been on several local, national, and international Board of Directors in relation to the well-being of Black people. [REGISTER HERE](#)



December 15 10am-11:30am | Understanding Mental Health in Asian Communities Teresa Hoang

Teresa Hoang is a Certified Master Life Coach, specializing in mental wellness. She is also the founder and president of the Strong, Smart, and Kind (SSK) Foundation; the first Vietnamese non-profit in Northern California that focuses on mental health to help individuals pursue a happier and healthier life. [REGISTER HERE](#)



December 16 10:00am-11:30am | Leading with Wellness Asara Tsehai

Asara Tsehai, African Medicine Woman and Holistic Healer brings her extensive knowledge to the Community Based Learning Training program. Asara provides education and skill development in leadership, mental health, reducing trauma-induced stress, anxiety and depression. [REGISTER HERE](#)

For more info contact: Ava M. Square, HHREC Program Manager | tacbl.hhrec@gmail.com

Visit the [Community Based Learning webpage](#) to learn about additional training opportunities.

Trainings are offered free through funding from Prop 63 Mental Health Services Act.