

CBL Trainings are free to Alameda County residents
and service providers. Visit acmhsa.org



HEALTH & HUMAN RESOURCE
EDUCATION CENTER



ALAMEDA COUNTY BEHAVIORAL HEALTH
COMMUNITY BASED LEARNING



BLACK MAN IT'S OK TO CRY

YOU HAVE PERMISSION TO GRIEVE!

Guest Speakers:

Justinian Constantine *"Trials 2 Triumph"*

Truth Power Greatness, LLC

Pastor Kevin D. Hurd *"Managing Anger"*

Restoration Hope Community Development Corp.

**SATURDAY 11AM
OCT 21ST, 2023
VIA ZOOM**



SCAN QR CODE TO REGISTER

<https://us02web.zoom.us/j/5123100132>



Chaplain Sheree' Lewis
UCSF Children's Hospital

Grief Counselor/CBLTrainer

FIRST 15 TO REGISTER WILL RECEIVE A FREE GIFT