



TRAUMATIC STRESS CAUSED BY THE MIGRATORY LAWS



We know that knowing is power ...

We designed a free workshop that informs you on the impact of immigration laws on your mental health and well being. We focus on creating an understanding that maintaining a healthy mind is just as important as maintaining our physical health.

We also provide resources, education and knowledge about your rights, given recent immigration threats.

Our Workshop is:

- **Confidential**
- Free!
- Educational
- In Spanish or English
- Presented at numerous locations



Interested?

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