



# Empowerment Begins with You

## Wellness, Resilience & Recovery

**A healthy mind, body and spirit promotes healthy families and communities.**

**Kick off Black History Month with the African American Community Initiative (AACI).** Learn how to maintain and improve your health and well being at this fun, informative and free event, featuring informational speakers, real stories from real people, interactive activities for children, resource tables and cultural entertainment. A soulful lunch will be provided. This event is free and open to all to attend.

### Learn about

- Suicide risks and substance use in the African American community, presented by Dr. Shannon Moore-Langston, MD, JD, BHRS Psychiatric Resident.
- The warning signs of someone who may be thinking about suicide and how to help.
- Lived Experience speaker, LaShondra Goode's experience with substance use and recovery.
- Young adult perspectives on substance use and suicide through the Photovoice panel.

### FREE PUBLIC EVENT

**Saturday, January 27, 2018  
9:30 a.m. to 2 p.m.**

Martin Luther King Jr. Community Center  
725 Monte Diablo Ave.  
San Mateo, CA 94401

### Activities for children

### More Info

[www.smchealth.org/empowerment](http://www.smchealth.org/empowerment)

### Questions?

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**COUNTY OF SAN MATEO**  
**HEALTH SYSTEM**  
BEHAVIORAL HEALTH  
& RECOVERY SERVICES

