

Need help with a loved one struggling with mental illness  
and/or substance abuse?

**YOU ARE NOT ALONE!**

JOIN US FOR A **FREE ONLINE WORKSHOP**  
presented by the  
**AAFOP** AFRICAN AMERICAN FAMILY  
OUTREACH PROJECT



## Help During A Mental Health Crisis

Join us at our free workshop  
to hear from:

- 988 Mental Health Support Services
- A Crisis Intervention Trained Officer
- Members of the Mobile Crisis Teams
- John George Hospital Staff

PRESENTATIONS • Q & A • RAFFLES • AND MUCH MORE!

Saturday  
**April 13**  
**2024**

9:45am - 12:15pm  
Zoom opens at 9:30am

**REGISTER TODAY**

<https://tinyurl.com/AAFOP-April13>

or call (510) 697-8533



After registering, you will receive a  
confirmation email containing  
information about joining the meeting.

