Our Promotores

Our Promotores (Community Peer Educators) are leaders and experts from their respective communities who have a deep understanding of the issues that affect the families in their communities.

They provide services based on the values of mutual respect, understanding and confidentiality to support you and your family towards managing difficult situations and improving mental health and emotional wellness.

We welcome your Participation

If you are interested in improving your emotional health, or that of your spouse or children, please call and ask to speak with our mental health program.

YOUR PARTICIPATION IN THE LIFE OF YOUR CHILDREN MAKES THE DIFFERENCE

CALL US TODAY!

450 W. 4th Street, Suite 130
Santa Ana, CA 92701
(714) 542-7792
www.latinohealthaccess.org

These programs are funded in part through a grant from the County of Orange Health Care Agency Behavioral Health, Prevention and Intervention
We offer a variety of services for a variety of situations

All of our services are led and facilitated by Promotores/Community Peer Educators who are specialized in mental health and wellness topics. They offer individual attention in order to help individuals learn to reduce the risks for mental illness. Our services are available in Spanish and English.

- **EDUCATION**
  - Workshops for parents and caregivers
  - Presentations for community groups

- **DIRECT SERVICES**
  - Individual assessments
  - Case management
  - Support groups

- **SELF-HELP GROUPS**
  - Domestic violence
  - Relationship violence

- **YOUTH GROUPS**
  - Youth leadership

- **OUTREACH CAMPAIGNS TO REDUCE VIOLENCE**

- **FAMILY CAMPING TRIPS**

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**Mental health affects everyone in the family**

We understand that when someone in the family suffers from poor mental health, everyone in the family is affected.

Our services help everyone in the family to understand what is happening and how to manage these situations so that everyone feels better.

Our program helps to:

- Improve communication and understanding in the family.
- Reduce family violence.
- Foster personal development.
- Increase the information and support in the community towards people affected by mental health conditions.

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**ARE YOU HAVING PROBLEMS WITH YOUR KIDS?**

Our *Mom to Mom* program teaches parents and care providers about the developmental changes that children go through during their childhood.

The program will help you develop discipline for your children according to their age.

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**YOUR MENTAL HEALTH IS PART OF YOUR OVERALL HEALTH**

We invite you to join our dance, yoga and aerobics classes.

Please call to register!

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