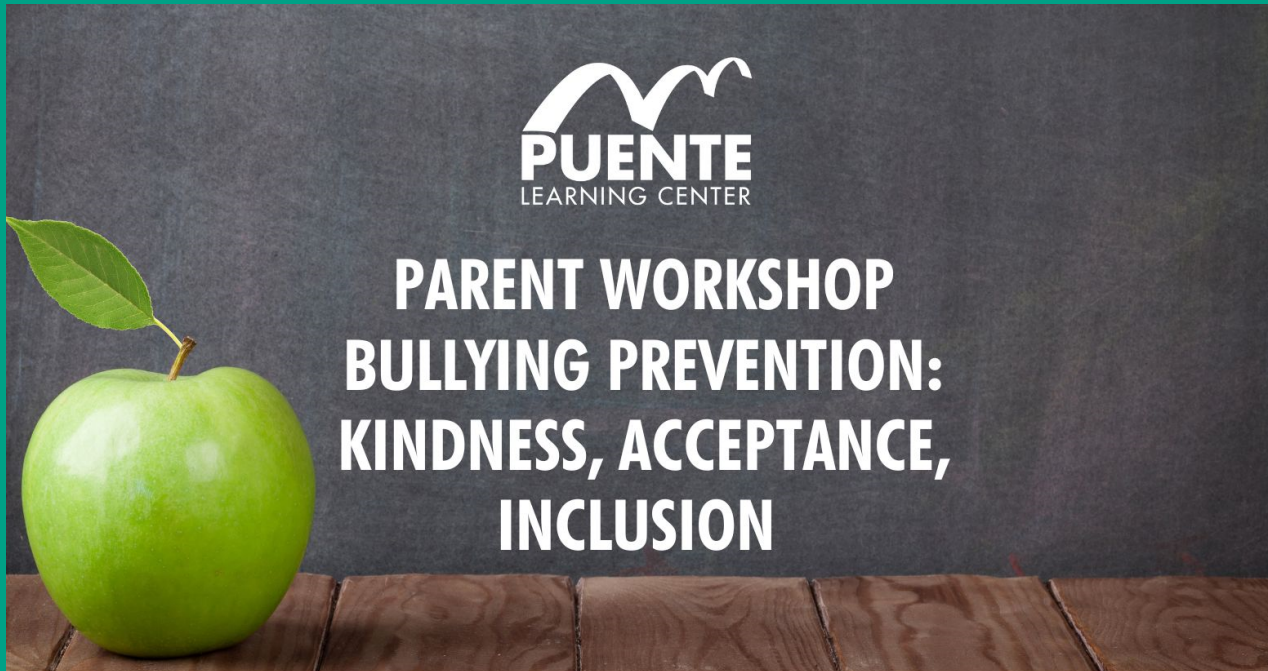


UPCOMING WORKSHOPS AT PUENTE LEARNING CENTER



Join us to learn the impacts of bullying on mental health, signs that your child is being bullied, how to support your child, what can we do and lessons to practice as parents.



THURSDAY, OCTOBER 5TH



ENGLISH 5:00PM & SPANISH 6:00PM



**ZOOM: <https://bit.ly/puentevirtual>
Meeting ID: 811 8010 2231**

Presented by:



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
[hope.](#) [recovery.](#) [wellbeing.](#)

For more information email Lilia: lilia@puente.org

Our partners at Los Angeles County Department of Mental Health will be discussing bullying prevention.

TUESDAY, OCTOBER 10TH
VIRTUAL WORKSHOP

SKIN CARE VIRTUAL WORKSHOP

**TUESDAY,
OCTOBER
10TH**



**4:30PM
(SPANISH) &
5:15PM
(ENGLISH)**

TOPICS OF DISCUSSION INCLUDE

- Skin care recommendations
- When to visit a dermatologist
- How to spot skin cancer or suspicious growth



<https://bit.ly/puentevirtual>
Meeting ID: 811 8010 2231

Join our virtual workshop Tuesday, October 10. Our partners at USC Keck School of Medicine will be discussing skin care and skin cancer.



**RAFFLE
GIVEAWAYS!**

BREAST HEALTH WORKSHOP

Join us in-person to learn about breast cancer, risks, who is affected, how to identify at an early stage and how the environment is connected.

***PRESENTED IN SPANISH**



MONDAY, OCTOBER 23RD



3:00PM-4:00PM



PUENTE LEARNING CENTER

501 S BOYLE AVE LOS
ANGELES, CA 90033

PRESENTED BY




Environmental Health Centers

For more information email Lilia: lilia@puente.org


Join our in-person workshop where our partners at USC Environmental Health Center will be discussing women's health and the connection to the environment.





MONTHLY FOOD DISTRIBUTION




FOOD DISTRIBUTION

 Wednesday, October 18th

 PUENTE Learning Center
501 S Boyle Ave Los Angeles, CA 90033

 12PM-5PM

 **FREE**

Register NOW! <https://bit.ly/3PU0mbN>

For more information contact Lilia:
lilia@puente.org
323-780-8900x218

Registration required. First come first serve.

Our first food distribution will be taking place near the Monarcas. Families can sign up and receive a bag of fresh produce. Thank your to our partners at FOOD FORWARD.