



# TEEN MENTAL HEALTH AWARENESS

Join our panel of mental health experts to learn  
how to better support our teens:

Ritsa Fistes, LMFT

Ed Monaghan, Head Instructor/ Co-Founder, Ekata  
and,

Danica Lynch, AOC Wellness Center Coordinator,  
Founder YogaYoga

March 30th, 2022

Wednesday

6:30pm - 7:30pm

Hosted via Zoom

<https://csun.zoom.us/j/838141785>

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