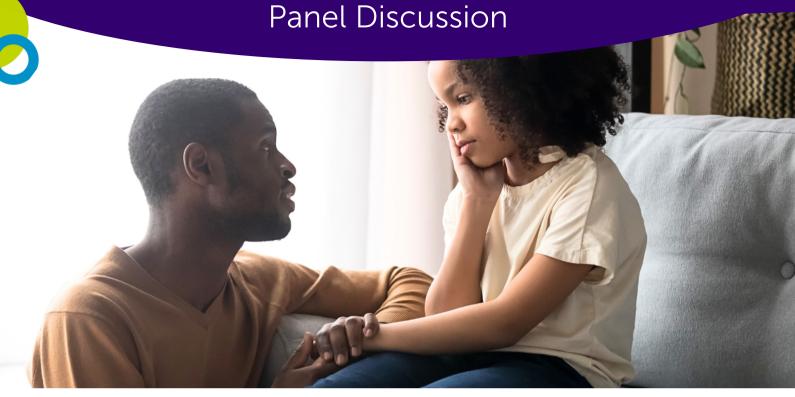
## **Protecting Youth Mental Health**



## Supporting Mental Health in our Youth is Vital - Learn How You Can Help

You're invited to join MemorialCare Miller Children's & Women's Hospital Long Beach and local community experts for an important panel discussion to learn how you can become an advocate for the mental well-being of the children and adolescents in your life to help manage the stress and anxiety of growing up.

> **Thursday, May 23** 10 - 11·30 a m Houssels Forum MemorialCare Long Beach Medical Center 2801 Atlantic Ave., Long Beach, CA

## **Meet Our Panelists**



Ioana Pal, Psy.D., Clinical Psychologist. MemorialCare Miller Children's & Women's Hospital Long Beach



Peter Baek, Manager, Youth & Family Services, LGBTQ Center Long Beach



Catrina Flores, LCSW, CPRP, Vice President. Internal Staff Development Intertrend Communications, and Training, Mental Health America of Los Angeles



Michael Vitug, Executive Director. Make Noise Today



Christina Zavalza, Psy.D., Pediatric Psychologist. The Guidance Center















