



National Alliance on Mental Illness

NAMI San Diego

July Education & Advocacy Meeting Presents

Mental Health & Wellness in the LGBTQ Community



**NAMI San Diego celebrates
LGBTQ Pride Month!**

Thursday, July 7, 2016

6:30pm to 8:00pm

University Christian Church
3900 Cleveland Avenue, SD CA, 92103

Join NAMI San Diego's free, open monthly
Education & Advocacy Meeting where
our July presentation is **Mental Health &
Wellness in the LGBTQ Community.**

**Learn why language matters, and hear about issues
related to sexual orientation and gender identity in
the context of mental health and wellness. Jan will
also cover important concepts of Intersectionality,
how to become an ally, as well as resources and
support.**



Jan E. Estrellado earned her PhD in clinical psychology with a research focus on trauma and multicultural issues. Her clinical practice includes working with people suffering from anxiety disorders, depression, and PTSD. She currently works as a lecturer at San Diego State University and as a Post-Doctoral Fellow at the Center for Stress and Anxiety Management. She has experience working with teens, adults, and older adults at the Union of Pan Asian Communities and at Sharp Mesa Vista Hospital. Before entering the psychology field, she worked as the Assistant Director at the UC San Diego Lesbian Gay Bisexual Transgender Resource Center and as the Assistant Resident Dean at Sixth College.

The first Thursday of every month, NAMI San Diego offers a FREE & OPEN Education & Advocacy Meeting which provides information about mental health conditions, recovery, support, and other topics essential to create and maintain a life of wellness. Meetings begin at 6:30pm with the presentation topic of the month. Following this is our popular Q&A, "Ask the Doctor" from 7:30 to 8pm, an informal chat with a working UCSD psychiatrist. All are welcome. Join us!

RSVP 1-800-523-5933 or information@namisd.org