



Interactive Workshop for Employees

Supporting Mental Wellness

Move Beyond Awareness to Everyday Action.

Recognizing mental health concerns is only the first step. The next challenge is knowing how to respond. This workshop builds on that foundation by teaching practical strategies to promote emotional regulation, resilience, healthy coping, and psychological well-being. Participants explore how relationships, stress, trauma, lifestyle habits, and the nervous system influence mental health while learning evidence-based tools that foster resilience in both children and adults. The goal is to equip participants with realistic strategies they can use immediately in their professional and personal lives. Participants will learn to:

Apply evidence-informed strategies that support emotional wellness.

Identify protective factors that promote resilience.

Encourage healthy coping skills in children, youth, and adults.

Foster emotionally supportive environments that promote learning and well-being.

Your health and well-being matter to EASE.

Free for employees of EASE member organizations.

Registration is required to attend and receive the workshop recording.

Questions? Contact EASE at 562-922-6683 or ease@lacoedu.edu

Sign Up

**SEPT 23, 2026
NOON-1 P.M. ONLINE**

Session Duration: 60 minutes

