

FREE SEMINAR

Tips to
Overcome Negative Thoughts

Positive Thinking Made Easy

Wednesday, November 16th, 2011
10:00 AM to 11:00 AM

AT

Phoenix Community Counseling
820 E. Gilbert Street
San Bernardino, CA 92408

Persons with special needs contact Debbi Cazarez at (909) 387-7219

SPONSORED BY: **3RD DISTRICT
ADVISORY COMMITTEE (DAC)**

What is a DAC?

The Behavioral Health Commission holds DAC meetings to provide the Department of Behavioral Health with input on unmet behavioral health needs in communities throughout the county.