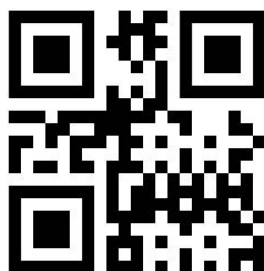


# BEST PRACTICES FOR SUPPORTING OTHERS

- This seminar explores the effective techniques for providing support to others without assuming the role of a counselor or therapist. The goal of this seminar is to provide participants with real-life strategies and resources to listen to and support their loved ones.

**Date:****June 24, 2025****TIME:****11:00 am – 12:00 pm****LOCATION:****Bldg 750,  
Conference Rm B****Dial In Info: 858-980-0000****Code: 440 847 755#****Join Online: [MS Teams Link](#)****Scan Me****750 Pacific Highway, 1<sup>st</sup> Floor Conference Room B  
San Diego, CA 92132**