

# CAREspace

Community | Access | Relationships | Emotional Wellness

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**RIVERSIDE  
LATINO  
COMMISSION  
COUNSELING CENTER**

 **Riverside  
University  
HEALTH SYSTEM**  
Behavioral Health



**BOYS & GIRLS CLUBS**  
OF THE SAN GORGONIO PASS



**DEPARTMENT OF  
ANIMAL SERVICES**  
County of Riverside, California



**DESERT HEALTHCARE  
DISTRICT & FOUNDATION**



  
**CALIFORNIA  
SCHOOL-BASED  
HEALTH ALLIANCE**  
Putting Health Care Where Kids Are

**Mental Health Initiative**

#MentalHealthRivCo



**RIVERSIDE COUNTY  
OFFICE OF EDUCATION**  
EDWIN GOMEZ, Ed.D. | County Superintendent of Schools

# CAREspace

[www.rcoe.us/carespace](http://www.rcoe.us/carespace)

951-276- CARE (2273)

## CAREspace Services

- Individual Counseling
- Family Counseling
- Lucky PAWS
- Parent Workshops
- Classroom Presentations
- Staff Training



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# DHCDF/RAP CAREspace in Desert Hot Springs



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# October–December 2024

**CARE**space  
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## Parent Workshops and Classes



### Bullying Prevention

Identify signs of bullying and how you can partner with schools to address it.

October 7 | 12:00–1:00 p.m.

<https://rcoe.zoom.us/join/join?secret=qrD8oHNa-EcTsadw20YluDlxgParU>



### Understanding and Developing Family Morals, Values, and Rules

Define and understand family morals, values, and rules. Learn their purpose and how to incorporate them into discipline.

October 17 | 5:00–6:00 p.m.

<https://rcoe.zoom.us/join/join?secret=30kfu2rrzkHNd9XvTABTSv7By6d0uONLs>



### Children of Divorce: How to Talk to Your Child About Divorce

Discover compassionate and effective communication techniques to help your child understand and cope with the challenges of divorce.

November 7 | 5:00–6:00 p.m.

[https://rcoe.zoom.us/join/join?secret=30kde6rrDguC9bGusPO3nqr3dxBz4l\\_Pudg](https://rcoe.zoom.us/join/join?secret=30kde6rrDguC9bGusPO3nqr3dxBz4l_Pudg)



### Managing Stress and Anger

Examine the meaning of stress, identify ways adults create stress, and how you and your child can reduce stress.

November 21 | 5:00–6:00 p.m.

[https://rcoe.zoom.us/join/join?secret=3jwvcuGoaj0rHdFOCXm9\\_fuqgd3dUdURuFw2](https://rcoe.zoom.us/join/join?secret=3jwvcuGoaj0rHdFOCXm9_fuqgd3dUdURuFw2)



### Practicing Gratitude

Understanding the importance of practicing gratitude and developing new perspectives and attitudes.

December 2 | 12:00–1:00 p.m.

<https://rcoe.zoom.us/join/join?secret=3YylcuGpqzqwE93hFXztu91CH8K1QWPZQIVD>



### Mindfulness Tips and Techniques

Learn the basics of mindfulness and how to apply these techniques to your daily life.

December 10 | 12:00–1:00 p.m. (English) | 1:00–2:00 p.m. (Spanish)

<https://rcoe.zoom.us/join/join?secret=3Jlpd-2sqjwqCtTeISlSk7qa6mZl3zFdGB>

For questions please call: 951-276-CARE (2273) or visit our website at: [www.rcoe.us/carespace](http://www.rcoe.us/carespace)



# Mental Health Initiative

## #MentalHealthRivCo



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# Lucky PAWS

(Pets Are Wellness Support)



Royce and  
Ms. Bowzer  
**MENIFEE**



Jazmin and Jinx  
(orange) and  
Powder (gray)  
**PERRIS**



Daniel's Family  
and Bubbles  
**RIVERSIDE**



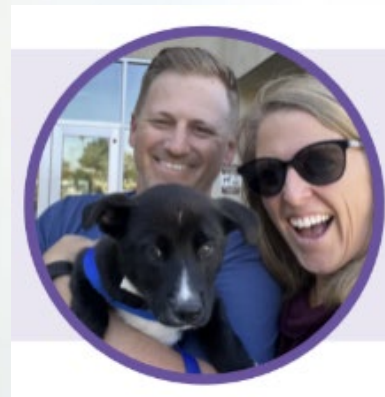
Jhon and Ruby  
**FONTANA**



Damien and  
Bonnie Boo  
**RANCHO  
CUCAMONGA**



Belen and Bruno  
**RIVERSIDE**



*We are in love with our new family member - Clover. She joined our family a week ago and the process was very smooth. We feel so lucky to have adopted through Lucky PAWS!"*

*- Michelle, Lake Forest*

**70+**  
**Lucky PAWS**  
**Adoptions**

# **CARE**space

## Impact August 2021-June 2024

**11 CAREspace Locations**

**9 Community Partners**

**20,000+ Individuals Received Direct Mental Health Services**

**6,500+ Counseling Sessions**

**70+ Lucky PAWS Adoptions**

**100+ New Referrals Each Month**

**88% Learned Something New**

**23 Riverside County School Districts Served**

**CAREspace featured on SBCOE School Health Connection**

**CAREspace featured on 91.9 FM KVCR**

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# CAREspace

Over 115 Events and 12,500+  
Students and Families Served



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