

CAREspace

Community | Access | Relationships | Emotional Wellness

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CAREspace

Community | Access | Relationships | Emotional Wellness



RIVERSIDE
LATINO
COMMISSION
COUNSELING CENTER

 **Riverside**
University
HEALTH SYSTEM
Behavioral Health



BOYS & GIRLS CLUBS
OF THE SAN GORONIMO PASS



DEPARTMENT OF
ANIMAL SERVICES
County of Riverside, California



DESERT HEALTHCARE
DISTRICT & FOUNDATION



RIVERSIDE
School of Medicine



Mental Health Initiative

#MentalHealthRivCo



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

CAREspace

www.rcoe.us/carespace

951-276- *CARE* (2273)

CAREspace Services

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



Mental Health Initiative

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DHCDF/RAP CAREspace in Desert Hot Springs



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October-December 2024

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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/j/98123456789>



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/j/123456789012>



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/j/234567890123>



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/j/345678901234>



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/j/456789012345>



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/j/567890123456>

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



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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



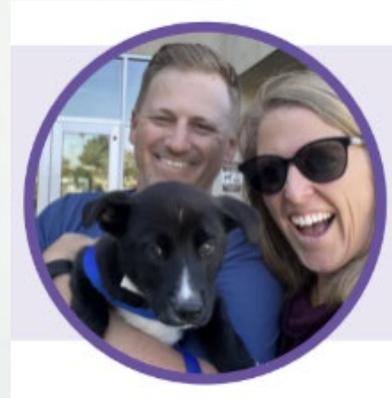
Jhon and Ruby
FONTANA



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

CAREspace

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

Mental Health Initiative

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CAREspace

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



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951276CARE (2273)

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