ROADS TO RECOVERY

AN OPEN COMMUNITY EVENT AND SPEAKER SERIES ON BEHAVIORAL HEALTH & SUPPORTIVE SERVICES

NAMI | Temecula Valley
Presents

ASK THE PSYCHIATRIST &
A PRESENTATION ON MENTAL HEALTH & SLEEP

WEDNESDAY, NOVEMBER 15, 2023 | 6:00 P.M.
Sharing Circle: 6:00 – 7:00 pm | Speaker Presentation: 7:00 - 8:00 pm
Located in the Heroes Community Room at Temecula Valley Hospital, 31700 Temecula Pkwy, Temecula, CA 92592

Did you know that sleep is closely connected to mental and emotional health with links to depression, anxiety, bipolar disorder, and other conditions?

Come join the conversation with Dr. Sana Johnson-Quijada, MD, a practicing board certified psychiatrist, researcher, public speaker, writer, and professor of psychiatry on staff at both the Loma Linda & the University of Riverside, with offices in Temecula & Murrieta.

Dr. Quijada will answer your questions and share her expert knowledge on various topics, to include Transcranial Magnetic Stimulation, and Electro convulsive/Shock Therapy - procedures used to treat depression and serious mental health conditions.

This event is for everyone. All are welcome. Refreshments provided.

For more information, please contact: NAMI TEMECULA OFFICE 951-672-2089; EMAIL: info@namitv.org; WEBSITE: www.namitv.org