## **Breaking The** Stigma: A Review of Barriers

Free Zoom Course January 29th 2025 9:30am - 11:00am



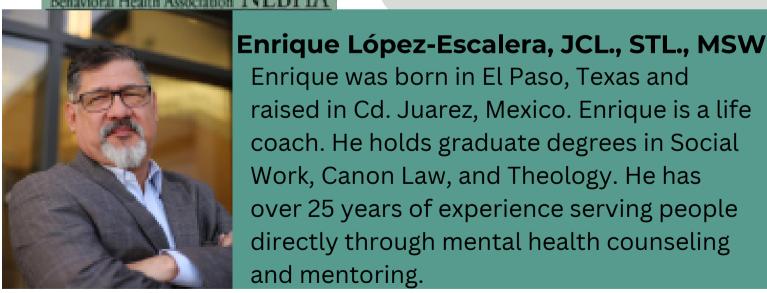


## You will Learn:

- Signs and symptoms of mental health crisis
- Self-care for providers
- Resources in your community

Register

Click Here



Enrique was born in El Paso, Texas and raised in Cd. Juarez, Mexico. Enrique is a life coach. He holds graduate degrees in Social Work, Canon Law, and Theology. He has over 25 years of experience serving people directly through mental health counseling

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and mentoring.