

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](#)



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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 and mentoring.

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