



# January 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 SmartCare Closed Happy New Year!	2	3 Overcoming Depression 1pm-2pm	4 Smart Girls 4pm-5pm	5
6	7	8 12-2pm Lake Morena Community church Bred shed	9	10 Overcoming Depression 1pm-2pm	11 Smart Girls 4pm-5pm	12
13	14 12pm Feeding San Diego at Mountain Health community center	15 12-2pm Lake Morena Community church Bred shed	16 12pm Salvation Army Food Distribution Lake morena community church	17 Overcoming Depression 1pm-2pm	18 Smart Girls 4pm-5pm	19
20	21 SmartCare Closed Martin Luther King Jr	22 12-2pm Lake Morena Community church Bred shed	23	24 Overcoming Depression 1pm-2pm	25 Smart Girls 4pm-5pm	26
27	28 12pm Feeding San Diego at Mountain Health community center	29 12-2pm Lake Morena Community church Bred shed	30	31 Overcoming Depression 1pm-2pm		

### This Months Wellness Themes:

National Co-dependency Awareness Month  
 Cervical Health Awareness Month  
 National Drugs and Alcohol Facts Week 1/22-1/27)

Women's Empowerment Awareness  
 Healthy Weight Week (1/20-1/26)

### CAMPO COMMUNITY EVENTS

Thursday  
**Overcoming Depression**  
 01:00 pm at Mountain health clinic  
 1388 Buckman Springs Rd. campo 91906  
 Sebastian Shields (619)818-5303

Friday  
**Smart Girls**  
**Girls self esteem group**  
 04:00 pm at Mountain health clinic  
 1388 Buckman Springs Rd. campo 91906  
 Sirena Griffin (619)876-3964

For more events in your community visit:  
[www.sdcl.org](http://www.sdcl.org)

Follow us on:  
[vistahillsmartcare.org](http://vistahillsmartcare.org)  
[facebook.com/vistahillsmartcare](https://facebook.com/vistahillsmartcare)  
[instagram.com/vistahillsmartcare](https://instagram.com/vistahillsmartcare)

En colaboración con:  
 Mountain Empire Family Medicine  
 31115 CA-94 Campo, Ca 91906



**MOUNTAIN HEALTH**  
**CARES**



# Enero 2019

**SmartCare**  
INTEGRATED BEHAVIORAL HEALTH SERVICES

**EVENTOS  
COMUNITARIOS  
EN CAMPO**

Mondays

**Event Name**

00:00am at LOCATION  
626 E Street  
Staff Name (760) 000-0000

*\*Eventos de SmartCare siempre  
son Gratuitos*

Visite los siguiente sitios para ver mas even-  
tos en su comunidad :  
[www.sdcl.org](http://www.sdcl.org)  
[www.ramonaseniorcenter.com](http://www.ramonaseniorcenter.com)

En colaboración con:  
Mountain Empire Family Medicine  
31115 CA-94 Campo,



**MOUNTAIN  
HEALTH**  
**CARES**

Siganos en:  
[vistahillsmartcare.org](http://vistahillsmartcare.org)  
[facebook.com/vistahillsmartcare](https://facebook.com/vistahillsmartcare)  
[instagram.com/vistahillsmartcare](https://instagram.com/vistahillsmartcare)

DOM	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Mes de concientización de:**

La Codependencia  
Cáncer de Cuello Uterino (Cervical)  
Datos sobre Drogas y Alcohol (1/22-1/27)

El Fortalecimiento de la Mujer  
El Peso Saludable (1/20-1/26)