

# HOW CAN WE HELP?

## ON THE PATH TO HEALTH & WELL-BEING



- Safety
- Support
- Resilience
- Empowerment
- Equity



**Skills, Tools, and  
Resources to handle life  
situations**



**For additional  
information, please  
check the back!**





# Project RISE



*On the path to health and well-being*

- Feeling **Lonely** or **Isolated**?
- Find it challenging to cope with **Stress**, **Anxiety**, and/or **Depression**?
- Experiencing difficulties or pressures in **School**, at the **Workplace**, or at **Home**?
- Need help getting linked to **Community Resources**?

## WHO WE ARE

At Project RISE, our goal is to create a safe and culturally responsive space for you to share your challenges, experiences, feelings, thoughts, and questions. We aspire to journey with you on the path of finding health and well-being.

## SERVICES

- Pre-Screening to assess needs
- Individual/Group Therapy
- Group Workshops and Skill-Building (stress management, time management, conflict resolution, communication, and others)
- Support in resume writing and assistance with job applications
- Linkage to Community Resources and more)

**All services are short-term and at no cost!**

## TEAM MEMBERS

- Clinicians
- Case Managers

Team members speak Vietnamese, Korean, Mandarin, and other API languages.




## TOGETHER


The Project RISE team will work with you to identify goals unique to your needs. Then we'll walk with you to meet those goals together. Our team will do our best to support you on your path to health and well-being

## CONTACT

If you or someone you know is interested, please contact us

 714-461-3687

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