

inspiration

connections

healing

#empowerupnow

community

creativity

art and stories  
in the  
courtyard

self-care

FREE EVENT  
**empower  
up!**  
your mental wellness

music

dance

**Saturday, June 4**  
**11am to 2:30pm**

**Oxnard  
Performing Arts  
Center**

food

resilience

**Register Now!**  
Join us in person or livestream.  
[www.vcbh.org/empower](http://www.vcbh.org/empower)

brought to you by  
Ventura County Behavioral Health  
Ventura County Office of Education  
Oxnard Performing Arts Center  
BRITE



Spanish and ASL  
interpreters and  
childcare available.

Funding is made through Ventura County  
Behavioral Health, Mental Health Services Act.