

# RESOURCES



## RESOURCES

### ACCESS REPRODUCTIVE JUSTICE

Connects people to free and low-cost programs that pay for reproductive healthcare for people living in, traveling to, or traveling from California to receive an out-of-state abortion.

### USEFUL MENTAL HEALTH AND WELLNESS APPS LIST

Check out this list, pick your favorites and try them out. :)

### MENTAL HEALTH AND SUBSTANCE USE SERVICES

Check out their flowchart for quick access to the services you need.



## TRY

### WORKSTATION EXERCISES

“Even spending 5 to 10 minutes exercising at your desk can stimulate some midday blood flow and help you push through your mid-afternoon slump.”



## Try

### JOURNALING

Here is a list of twenty prompts for personal growth!

Share with us on Social Media



## Upcoming

- BRING HOPE HOME - HOLIDAY SPEAKER JAM
  - DEC. 5th 1PM - 8PM
    - [CLICK HERE TO RSVP](#) and/or sign up to speak!

Links embedded on each title and description! Click on any and all.