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# EPLA Newsletter

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**We Build. We Lead.**

October 2021

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## Upcoming Events/Próximos Eventos

### **NAMIWalks Your Way El Paso**

- Saturday, October 9, 2021
- 8:30 AM 12:00 PM
- Ascarate Park (map)

<https://www.namiwalks.org/elpaso>

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## Upcoming Events/Próximos Eventos



### S.L.A.M. March for Mental Health

Please join S.L.A.M. Sweat Like A Mother El Paso to March for Mental Health.

Monday, October 11th @ 9 AM

McKelligon Canyon - start at the bottom

### In-Person Sibling Workshop

October 15, 2021

4:30 PM - 5:30 PM

Sunland Park Mall, 2nd floor across from Tuxedo Junction

750 Sunland Park Dr, El Paso, TX

### Ask the Expert: Creating a Calming Corner for Children

- Thursday, October 14, 2021
- 10:00 AM - 11:00 AM

<https://namiep-org.zoom.us/meeting/register/tZEpcGrrDwrEtclv5pNDZ56bsGk2lu7WFKv>

## Resources/Recursos Tips/Consejos

**Need information on programs and assistance available in your area? AUNT BERTHA can help!**

**AUNT BERTHA** provides a free tool ([findhelp.org](http://findhelp.org)) to help find food assistance, help paying bills, and other free or reduced-cost programs, including new programs for the COVID-19 pandemic. Searching for programs on Aunt Bertha makes it easy for people to get the help they need.

**Click this link to find out more:**

<https://nrd.gov/resource/detail/21080257/Aunt+Bertha>

### 211 TEXAS

Like 911, 211 is a special telephone number in the United States and Canada. While 911 provides emergency assistance, 211 is designed to provide information and referrals to health and human services and other social assistance programs

**Click on the link to find out more or simply dial 211 from your mobile device:**

<https://www.211texas.org/>

OPEN. FREE. FOR ALL.

El Paso Center for Children, Inc.

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