

# TALKS WITH THERAPIST MARIA MOSQUEDA

We invite you to two talks on the following topics:

## Talk # 1

Tuesday, October 7, 2025  
10 am - 12 pm

Topic: Mindfulness Skills  
And Distress Tolerance Skills

In-Person  
or  
Via Zoom



**MARIA M. MOSQUEDA**

## Talk # 2

Tuesday, October 14, 2025  
10 am - 12 pm

Topic: Emotional Regulation Skills  
and Interpersonal Effectiveness Skills

**IN PERSON AT:  
500 DAVIS STREET SUITE 100  
SAN LEANDRO, CA 94 577**

Register by clicking [HERE](#)

We will provide refreshments  
for in-person talks



SCAN & REGISTER  
HERE

These talks are financed with funds from the Language  
Access and Cultural Competence (LACC) program



Questions? Call Jairo Guiza at 510-678-1131