

LWSD East Region

Behavioral Health Solutions

Stress Free Holiday Month

THURSDAY, DECEMBER 18, 2025
10:30 AM - 12:00 PM
367 N MAGNOLIA AVE, MAGNOLIA ROOM, EL CAJON, CA 92020

Our Panel



David R. Shorey CNP, WFR (He/Him/His)
Special Projects Manager
Acting Program Manager
East San Diego County Institute for Public Strategies



KellyAnne Rodriguez
Chief
Department of Strategy & Community Engagement, County of San Diego, Health and Human Services Agency



Kenya Taylor
Licensed Marriage and Family Therapist (LMFT)



Vivian Hidalgo
Community Health Promotion Specialist II
Department of Strategy & Community Engagement, County of San Diego, Health and Human Services Agency



Wilford B. Smith Jr (ret) CPO
Community Liaison
Courage to Call Director
San Diego Veterans Coalition Commun Action Board Member (Seat 16)

Join us for a brief, supportive panel focused on helping our community manage holiday stress. We'll share practical tips, coping strategies, and resources to support a calmer, healthier season. Refreshments will be provided.

