

Testimonials: N.E. Mental Health Wellness Center

April 21st, 2023

Chris Hayden: I love the drumming and Life Skills at NEMHC is my weekly highlight!

Percilla: Life Skills has changed my life

Ruth Prado: Life Skills is an excellent program and it brings energy, youth and hope to the NEMHC!

Antonio Ramirez : I am very grateful to the NEMHC for providing this program to us patients. Life Skills has been very important for my mental health and it helps me to better manage my emotions

Juan Melgoza: Life Skills helps me to liberate my negative energy and to stay focused on the positive aspects of my life

Rita Lucero: Life Skills is the best program here at NEMHC. It helps me to stay focused and motivated with my life. Julio is the best!