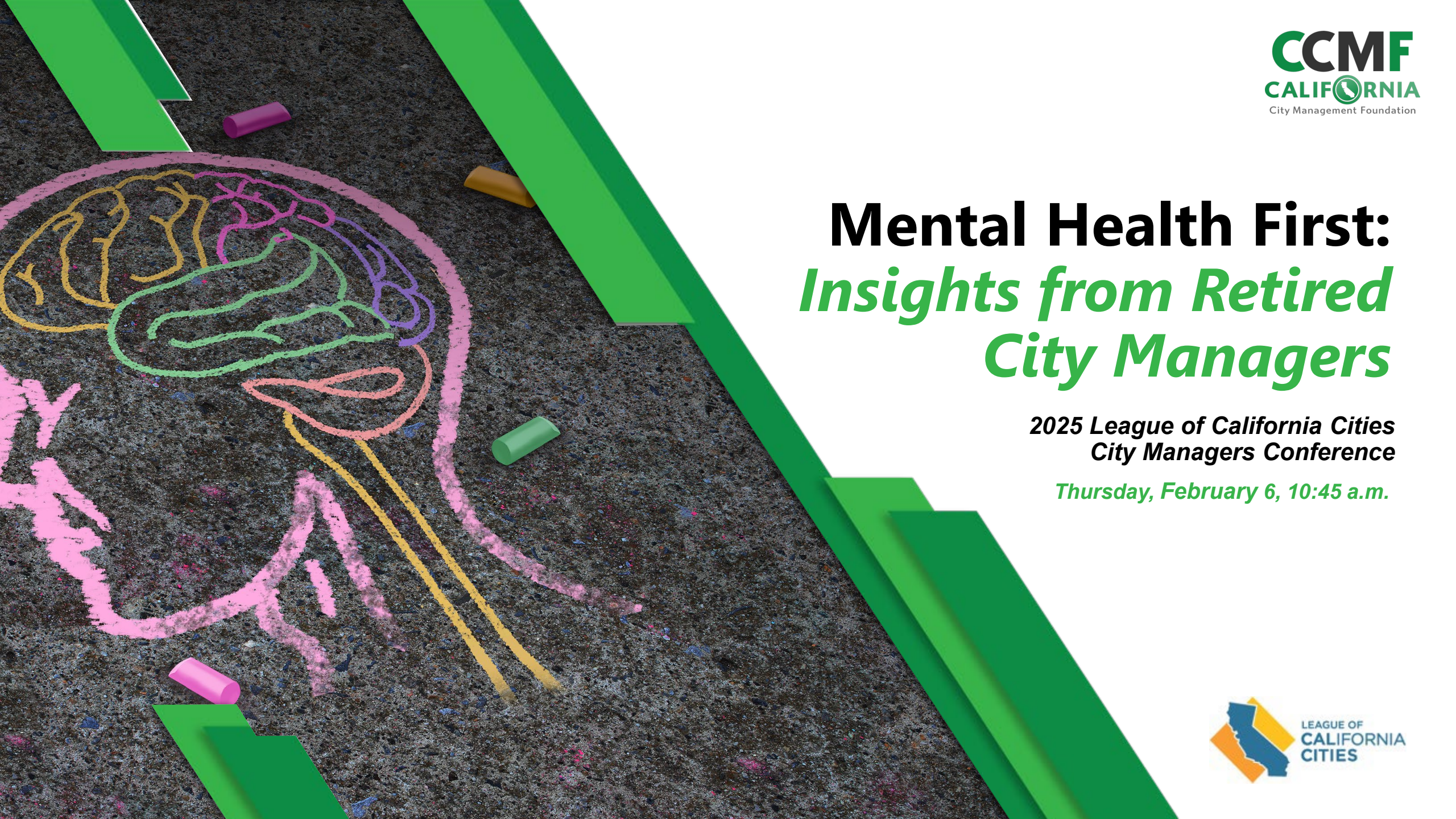




Mental Health First: *Insights from Retired City Managers*

**2025 League of California Cities
City Managers Conference**

Thursday, February 6, 10:45 a.m.

Your Panel



MODERATOR

Kelly McAdoo

City Administrator

City of Santa Barbara



Chris Catren

Director of Strategic Relations

First Responder Wellness



John Donlevy

Former City Manager

City of Winters

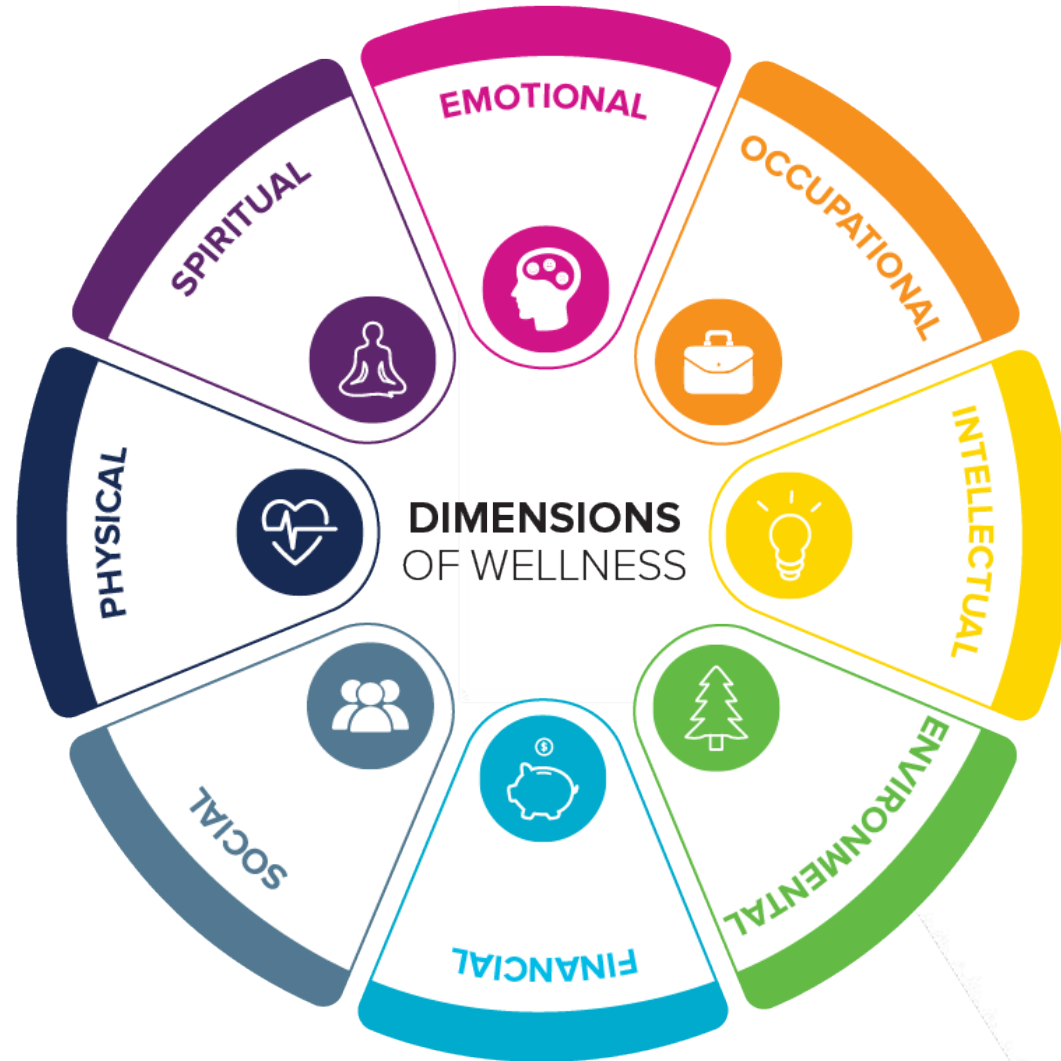


Mark Scott

Former City Manager

City of Beverly Hills

8 Dimensions of Wellness



Q&A With Panelists



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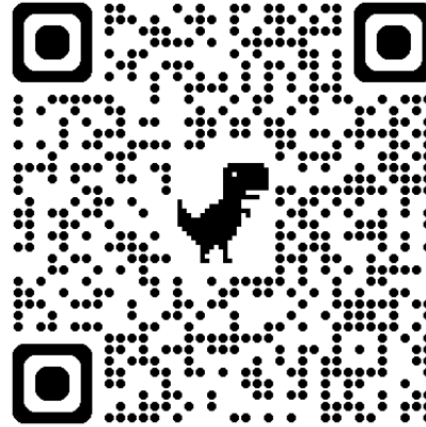
CCMF's Free Mental Health Counseling

CCMF has partnered with Beverly Foo-Colon, LCSW, a seasoned psychotherapist who specializes in mental health and work-life balance to offer **FREE** mental health counseling.

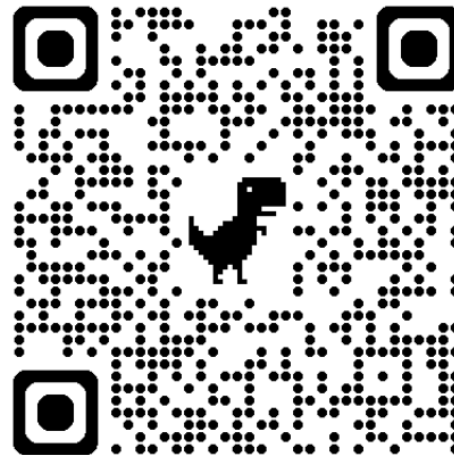


Access to Resources

**The Counseling
Team Resources**



**Mental Health for
the Executive –
John Donlevy**



CCMF
CALIFORNIA
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LEAGUE OF
CALIFORNIA
CITIES

CCMF
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Access to Resources *Continued*

CCMF Website

