



CITY OF LOS ANGELES, DEPARTMENT OF RECREATION & PARKS NORMANDALE RECREATION CENTER

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SPRING MENTAL HEALTH WORKSHOPS

Workshops held by County of Los Angeles Department of Mental Health:

TOPICS TO COVER:

April 11: Emotional Wellbeing and stress

April 25: Grief, loss, and Resilience

May 9: Family Violence Awareness, Prevention, and Resilience

May 23: Immigration, Adaptation, and Resilience

Spanish Translation and other languages are available upon request.



Thursdays,
April 11 & 25
May 9 & 23
Ages 18 and up
10:30am-11:30am
at Normandale RC

**BACK
BY
DEMAND**

FREE



SCAN ME

PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. INFORMATION IS SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE.