

**Every
Thursday
3pm - 4:30pm**



**1 IN
PERSON**

FREE

Emotional Wellness

Offered by LA Department of Mental Health Promoters
Receive a certificate for participation



Date	Topic
9/08/2022	Mental Health and Stigma
9/15/2022	Symptoms and Treatments of Depression
9/22/2022	Grief and Loss
9/29/2022	Anxiety Disorders
10/06/2022	Family Violence Prevention
10/13/2022	Drug and Alcohol Prevention
10/20/2022	Suicide Prevention
10/27/2022	Child Abuse
11/03/2022	Childhood Disorders: Neuro-Developmental
11/10/2022	Childhood Disorders: Anxiety & Depression
11/17/2022	Other Childhood Disorders
12/01/2022	Mental Health and Immigration



Join Us

Hollywood-Wilshire Health Center

5205 Melrose Ave #210

Los Angeles, CA 90038

To register, scan QR code or please call (323) 671-2606