

A COMMUNITY OF HOPE

**EVERY 3RD THURSDAY OF THE MONTH
FROM 9:00AM- 11:00AM**

The Los Angeles County Department of Mental Health Service invite you to join them for **A Community of Hope**, this free public group is committed to promoting self-care and wellness within our communities. Through workshops, events, and peer-led discussions, we encourage practices that reduce stress, ease anxiety, and foster emotional resilience. Together, we're working to eliminate the stigma around seeking support and to create a space where mental and physical health are openly valued and celebrated.

Whittier Wellness Community
7643 S. Painter Ave.
Whittier, CA 90602

For questions: (562) 775-6104



UNA COMUNIDAD DE ESPERANZA

**CADA TERCER JUEVES DEL MES
DE 9:00 A 11:00 HORAS**

El Departamento de Servicios de Salud Mental del Condado de Los Ángeles le invita a unirse a "**Una Comunidad de Esperanza**", un grupo público y gratuito comprometido con promover el autocuidado y el bienestar en nuestras comunidades. A través de talleres, eventos y charlas entre pares, fomentamos prácticas que reducen el estrés, alivian la ansiedad y fomentan la resiliencia emocional. Juntos, trabajamos para eliminar el estigma que rodea la búsqueda de apoyo y crear un espacio donde la salud mental y física se valoren y celebren abiertamente.

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