HOLLYWOOD-WILSHIRE WELLNESS COMMUNITY
LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH
Fostering Hope - Healing - Purpose

County of Los Angeles Public Health

October 2024

Contact Us
bit.ly/HOLLYWOODWILSHIREWC
(213) 521-6112
HollywoodWilshireWC@ph.lacounty.gov
5205 Melrose Ave #210, Los Angeles, CA 90038

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5
	How to Talk to you Loved ones about Substance Abuse • Virtual • 10AM-11AM Lotería (In-person) • 12PM-1PM Men's Trauma Survivors Support Group • 2PM – 3:30PM Coffee & Chat (In-Person) • 4:30PM – 6PM	Health Walks: With a Nurse • 10AM-10:30AM Día De Los Muertos Art Class (In-Person) • 12PM-1PM Crochet Class (In-Person) • 1PM-2PM How to Talk to you Loved ones about Substance Abuse (In-Person) • 3PM -4PM United Families (In-Person) • 4:30PM-6PM Reading & Rhythm (Virtual) • Session 1: 4pm-5pm • Session 2: 5pm-6pm	Produce Pick-Up • 9:30AM – 11:30AM PBS Kids Math Games • Virtual • 3:30PM-4:15PM Coffee & Chat • In-Person • 4:30PM – 6PM	Virtual Wellness • 10AM - 11:30AM Adult Art Class • In-Person • 12PM-1:30PM Sound Relaxation • In-Person • 2PM-3PM	Children's Art Class • In-Person • 12PM-1:30PM DMH Workshop • 1PM-2PM
7	8	9	10	11	12
Coping Skills Support Group • 9:30AM – 11AM Gender Affirming Support Group • 11:30AM – 1PM Computer Basics • In-Person • 12PM-1PM Reading & Rhythm (Virtual) • Session 1: 4pm-5pm • Session 2: 5pm-6pm	Substance Use in our Community (Virtual) • 10AM-11AM Lotería (In-person) • 12PM-1PM Reading & Rhythm (Virtual) • 4:30PM-5:30PM Men's Trauma Survivors Support Group • 2PM – 3:30PM Coffee & Chat (In-Person) • 4:30PM-6PM	Health Walks: With a Nurse • 10AM-10:30AM Día De Los Muertos Art Class • In-Person • 12PM-1PM Crochet Class (In-Person) • 1PM-2PM • Substance Use in our Community • In-Person • 3PM-4PM United Families (In-Person) • 4:30PM-6PM Reading & Rhythm (Virtual) • Session 1: 4pm-5pm • Session 2: 5pm-6pm	PBS Kids Math Games • Virtual • 3:30PM-4:15PM Coffee & Chat (In-Person) • 4:30PM-6PM	Adult Art Class • In-Person • 12PM-1:30PM Sound Relaxation • In-Person • 2PM-3PM	Children's Art Class • In-Person • 12PM-1:30PM DMH Workshop • 1PM-2PM Scan me

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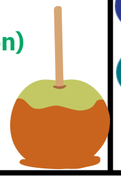
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15	16	17	18	19
	Your Teen and Substance Use (Virtual) • 10AM-11AM Lotería (In-person) • 12PM-1PM Men's Trauma Survivors Support Group • 2PM – 3:30PM Coffee & Chat (In-Person) • 4:30PM-6PM	Health Walks: With a Nurse • 10AM-10:30AM Día De Los Muertos Art Class (In-Person) • 12PM-1PM Crochet Class (In-Person) • 1PM - 2PM Your Teen and Substance Use (In-Person) • 3PM-4PM Women and Non-Binary Individuals of Color Group (In-Person) • 3:30PM - 5PM Reading & Rhythm (Virtual) • Session 1: 4pm-5pm • Session 2: 5pm-6pm United Families (In-Person) • 4:30PM-6PM	Produce Pick-Up • 9:30AM – 11:30AM PBS Kids Math Games • Virtual • 3:30PM-4:15PM Coffee & Chat (In-Person) • 4:30PM – 6PM	Virtual Wellness • 10AM - 11:30AM Adult Art Class • In-Person • 12PM-1:30PM Sound Relaxation • In-Person • 2PM-3PM 	Children's Art Class • In-Person • 12PM-1:30PM DMH Workshop • 1PM-2PM
21	22	23	24	25	26
Coping Skills Support Group • 9:30AM – 11AM Gender Affirming Support Group • 11:30AM – 1PM Computer Basics • (In-Person) • 12PM-1PM Reading & Rhythm (Virtual) • Session 1: 4pm-5pm • Session 2: 5pm-6pm	Stigma and Substance Use Disorders (Virtual) • 10AM-11AM Lotería (In-person) • 12PM-1PM Men's Trauma Survivors Support Group • 2PM – 3:30PM Coffee & Chat (In-Person) • 4:30PM-6PM 	Health Walks: With a Nurse • 10AM-10:30AM Día De Los Muertos Art Class (In-Person) • 12PM-1PM Crochet Class (In-Person) • 1PM-2PM Stigma and Substance Use Disorders • In-Person • 3PM-4PM United Families (In-Person) • 4:30PM-6PM Reading & Rhythm (Virtual) • Session 1: 4pm-5pm • Session 2: 5pm-6pm	PBS Kids Math Games • Virtual • 3:30PM-4:15PM Coffee & Chat (In-Person) • 4:30PM-6PM 	Adult Art Class • In-Person • 12PM-1:30PM Sound Relaxation • In-Person • 2PM-3PM	Children's Art Class • In-Person • 12PM-1:30PM DMH Workshop • 1PM-2PM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31		
Coping Skills Support Group • 9:30AM – 11AM **Gender Affirming Support Group** • 11:30AM – 1PM **Computer Basics** • In-Person • 12PM-1PM **Reading & Rhythm** • Virtual • Session 1: 4pm-5pm • Session 2: 5pm-6pm	**Recognizing and Responding to an Overdose with Naloxone** • Virtual • 10AM-11AM **Lotería (In-person)** • 12PM-1PM **Men's Trauma Survivors Support Group** • 2PM – 3:30PM **Coffee & Chat (In-Person)** • 4:30PM-6PM **Reading & Rhythm (Virtual)** • 4:30PM-5:30PM	**Health Walks: With a Nurse** • 10AM-10:30AM **Día De Los Muertos Art Class** • In-Person • 12PM-1PM **Crochet Class (In-Person)** • 1PM - 2PM **Recognizing and Responding to an Overdose (In-Person)** • 3PM-4PM **Women and Non-Binary Individuals of Color Group (In-Person)** • 3:30PM - 5PM **Reading & Rhythm (Virtual)** • Session 1: 4pm-5pm • Session 2: 5pm-6pm **United Families (In-Person)** • 4:30PM-6PM	**PBS Kids Math Games** • Virtual • 3:30PM-4:15PM **Coffee & Chat (In-Person)** • 4:30PM-6PM 	**Contact Us** bit.ly/HOLLYWOODWILSHIREWC (213) 521-6112 HollywoodWilshireWC@ph.lacounty.gov 5205 Melrose Ave #210, Los Angeles, CA 90038	

We provide FREE screenings and referrals to treatment.

For more information, contact:

Mental Health	Substance Use
(213) 266-3432	(213) 521-6113

MENTAL HEALTH

- Support Groups
- Mental health screenings
- Link to mental health services

SUBSTANCE USE

- Substance use presentations
- Substance use disorder screenings
- Referrals for substance use prevention and treatment services

HEALTH & WELLNESS

- Fresh produce giveaways
- Health education workshops
- Wellness activities
- Youth programs

Art & Education

Adult Art Class | Fridays 12-1:30PM In-Person
Discover the joy of self-expression through art as we come together to create, share, and connect in a vibrant and welcoming environment. Whether you are a seasoned artist or a beginner, this group is open to all skill levels.
To register, call (213) 521-6112 or contact HollywoodWilshireWC@ph.lacounty.gov

Children's Art Class | Saturdays 12-1:30PM [In-Person]
Our program welcomes artists of all ages, from young children to teens, encouraging them to explore the world of colors, shapes, and self-expression. Under the guidance of our staff, your little ones will embark on a colorful journey filled with laughter, fun, and artistic discovery. **To register, contact HollywoodWilshireWC@ph.lacounty.gov or call (213) 521-6112.**

Crochet Class | Wednesdays | 1PM-2PM | In-Person
Join us at the Hollywood-Wilshire Wellness Community for a fun and creative crochet class! This month it will be on **every Wednesday** from **1:00pm-2:00pm** in Room 210. This class is perfect for all skill levels. Learn the basics of crochet, relax, and express your artistic skills. Knitting needles and yarn will be provided. Come unwind and craft with us!
For questions contact: call (213) 521-6112 or email HollywoodWilshireWC@ph.lacounty.gov

Art & Education

Computer Basics | Mondays 12-1PM | In-Person
Our friendly and knowledgeable team will guide you step by step, ensuring you can confidently access your medical portals, schedule medical care appointments, and even sign up for produce distribution services online.
To register, contact Aaron Sherzada at asherzada@ph.lacounty.gov or call (323)-861-5403

***NEW* Lotería | Tuesdays | 12PM-1PM | In-Person**
Join us every **Tuesday** in October from **12-1PM** at the Hollywood-Wilshire Wellness Community for a fun game of lotería. Come relax, enjoy some friendly conversations, and win prizes. Everyone is welcome- Don't miss out on the fun!
For questions contact: HollywoodWilshireWC@ph.lacounty.gov or call (213) 521-6112.

***NEW* Día De Los Muertos Art Class | Wednesdays 12PM-1PM | In-Person**
Join us every **Wednesday** in **October** for an arts and culture workshop! Celebrate **Day of the Dead** by creating a community ofrenda, crafting beautiful papel picado, and honoring loved ones through art. Snacks will be provided as we come together to enjoy our creativity. All are welcome. Don't miss out on the fun!
For questions contact: call (213) 521-6112 or email HollywoodWilshireWC@ph.lacounty.gov

Art & Education

***NEW* PBS Kids Math Games | Thursdays 3:30PM-4:15PM | Virtual**
Join us for **PBS Kids Family Math** with Public Health Nurse, Elsie Chua! Elsie will be hosting fun and interactive virtual lessons on numbers and counting, spatial sense, sorting and collecting, measurement, patterns, and shapes. This is a great opportunity for kids to learn and explore math concepts in an engaging way. Don't miss out! Join us on Thursdays from **3:30pm-4:15pm**! **To register, contact Aaron Sherzada at asherzada@ph.lacounty.gov or call (323)-769-7806**

***NEW* Reading & Rhythm Program**
Mondays & Wednesdays | Session 1: 4PM-5PM
Session 22: 5PM-6PM | Virtual
The Reading & Rhythm Program is a 1-hour program that addresses the needs of struggling readers using the universal appeal of rhythm. The program will have two 1 hour sessions on Mondays and Wednesdays for 6 weeks led by a certified Reading & Rhythm facilitator. The reading & rhythm program increases reading scores by an average of 52 percent. **To register, call (213) 521-6112.**
For questions contact: call (213) 521-6112 or email HollywoodWilshireWC@ph.lacounty.gov

Nutrition

Produce Pick-Up | 1st & 3rd Thursdays
9:30AM-11:30AM | [In-Person]
Hollywood-Wilshire Wellness Community is hosting a free produce distribution of fruits & vegetables for pedestrian or drive-thru pick-up. No eligibility requirements and open to all! For more information and registration, visit our **Eventbrite page**.

Fitness

Walk with a Nurse | Wednesdays | 10AM |In-Person
Join our Health Walk to take a 30-minute stroll around the neighborhood while engaging with our Public Health nurses. Meet at entrance of Hollywood-Wilshire Health Center: 5205 Melrose Ave, Los Angeles, CA 90038
Register here

Mental Health

Virtual Wellness | October 4th & October 18th
10AM-11:30AM | Virtual
Drop-in virtually and join this support group to learn new strategies for living a more meaningful, connected, and productive life in a supportive community of peers. You can ask about mental wellbeing, share thoughts and experiences about the community, and get connected with resources.
Click here to Join Join by phone: +1 323-776-6996 (Dial-in Number) Conference ID: 172 721 287#

Coffee & Chat | Every Tuesday & Thursday | 4:30-6PM
Drop-in and join this support group to learn new strategies for living a more meaningful, connected, and productive life in a supportive community of peers. You can ask about mental wellbeing, share thoughts and experiences about the community, and get connected with resources.
Join in person! No registration required!
Location: 5205 Melrose Ave #210, Los Angeles CA 90038

Ask A Nurse | Select Saturdays | 2PM-4PM
Drop-in at Wilshire Branch Library (149 N. St. Andrews Place, Los Angeles, CA 90004) to talk to our Public Health Nurse and receive free resources.

Mental Health

Sound Relaxation | Fridays| 2PM-3PM | In-Person
Immerse yourself into a sanctuary of serenity with our Sound Relaxation experience. An array of instruments are carefully orchestrated to soothe your mind and rejuvenate your body. Feel stress melt away and you will leave with enhanced mental clarity, energy, and emotional healing. Join us for an hour dedicated to your well-being, relaxation and self-care. Yoga mats will be provided. Feel free to bring a blanket, pillow, and/or water to Room 220 A/B, second floor at the Hollywood-Wilshire Wellness Community!

Women and Non-Binary Individuals of Color
October 16th and October 30th | 3:30PM-5PM
[In-Person]
A free, peer led support group for any adult woman or non-binary person who has experienced symptoms of mental health conditions. You can ask about mental wellbeing, share thoughts and experiences with others, and get connected with resources.

United Families | Wednesdays | 4:30PM-6PM
[In-Person]
We invite families with LGBTQ+ family members to a safe space to unite and build a foundation of understanding, acceptance, and support in our new group, United Families. We hope to help you navigate the complexities of coming out, seeking guidance on how to be a strong ally, and find community with others on a similar journey.

Mental Health

Department of Mental Health Workshop
Saturdays | 1PM-2PM | [In-Person]
Join us for our FREE Mental Health Workshop series. These workshops offer valuable insights into mental health education and emotional wellbeing, catering to both Spanish and English speakers. Led by experienced DMH staff, our sessions provide a supportive environment to learn and grow. **For more information, please reach out to Gilda Sion at gsion@dmh.lacounty.gov.**

Support Groups: Join one of the support groups below to connect with folks and take care for your own physical and mental health. For any questions or to register, call and leave a message with your name & number on a secure and confidential voicemail to **Martin Rodarte, LCSW (He/Him/His) at 213-266-3432.**
Offered in person & virtually.

- **Black Women's Support Group**
- **Coping Skills***
- **Gender-Affirming Support Group**
- **Grief & Loss***
- **Latino Men's Group***
- **Men's Trauma Survivors Group***

Substance Use

What you Need to know About Substance Use Disorders This month our substance abuse counselors will be hosting a weekly series on substance use disorders and how to care for yourself and others in your life. You can get information and resources about vaping, learn more about the health consequences of substance use disorders and find out more about Naloxone. We will be having this series **virtually on Tuesdays** and **in person on Wednesdays** at the at the Hollywood Wilshire Wellness Community. For more information about the upcoming series, please see the schedule below.

Virtual (Tuesdays | 10AM)
Join by Phone: +1 (323) 776 - 6996
See below for Conference ID #
How to talk to your Loved ones about Substance Use,
Register here, Conference ID: 451 859 498#

October 1st | Substance Use in our Community
Register here, Conference ID: 553 716 225#

October 8th|Your Teen and Substance Use
Register here, Conference ID: 886 410 416#

October 22nd |Stigma and Substance Use Disorders
Register here, Conference ID: 685 070 096#

October 29th | Recognizing and Responding to an Overdose with Naloxone
Register here, Conference ID: 535 170 106#

Substance Use

In-Person (Wednesdays| 3PM)
October 2nd |How to talk to your Loved ones about Substance Use
October 9th|Substance Use in Our Community
October 16th | Your Teen and Substance use
October 22rd | Stigma and Substance Use
October 30th | Recognizing and Responding to an Overdose with Naloxone

The Connecting to Opportunities for Recovery and Engagement (CORE) Center is a community space where everyone can get information and resources about how to prevent alcohol and drug use, learn more about substance use disorders – also known as addiction – and find out where to go for free or low-cost treatment services. For more information, contact:

Barbara LaBon
Substance Abuse Counselor
Email: blabon@ph.lacounty.gov
(213) 521-6114 (office)
(213) 757-0585 (cell)

Emiliano Juarez
Substance Abuse Counselor
Email: ejuarez2@ph.lacounty.gov
(213) 521-6113 (office)
(323) 943-0462 (cell)

For urgent requests, contact the Substance Abuse Service Helpline at **1-844- 804-7500**. The Helpline operates 24 hours/day, 7 days/week as the entry point for substance use services in Los Angeles County.