

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	6
<ul style="list-style-type: none"> Coping Skills Support Group • 9:30AM – 11AM Gender Affirming Support Group • 11:30AM – 1PM Computer Basics (In-Person) • 12PM-1PM 	<ul style="list-style-type: none"> Men's Trauma Survivors Support Group • 2PM – 3:30PM Coffee & Chat (In-Person) • 4:30PM – 6PM 	<ul style="list-style-type: none"> Health Walks: With a Nurse • 10AM-10:30AM Social Skills Support Group • 9:30AM – 11AM Latino Men's Support Group • 11:30AM – 1PM Grief & Loss Support Group • 2PM – 3:30PM United Families (In-Person) • 4:30PM – 6PM 	<ul style="list-style-type: none"> Produce Pick-Up • 9:30AM – 11:30AM Coffee & Chat (In-Person) • 4:30PM – 6PM 	<ul style="list-style-type: none"> Virtual Wellness • 10AM - 11:30AM Adult Art Class (In-Person) • 12PM-1:30PM Dance Fitness Class (In-Person) • 2PM-3PM 	<ul style="list-style-type: none"> Children's Art Class (In-Person) • 12PM-1:30PM DMH Workshop • 1PM-2PM
8	9	10	11	12	13
<ul style="list-style-type: none"> Coping Skills Support Group • 9:30AM – 11AM Gender Affirming Support Group • 11:30AM – 1PM Computer Basics (In-Person) • 12PM-1PM 	<ul style="list-style-type: none"> Stigma and Substance Use Disorders (Virtual) • 10AM-11AM Men's Trauma Survivors Support Group • 2PM – 3:30PM Coffee & Chat (In-Person) • 4:30PM – 6PM 	<ul style="list-style-type: none"> Health Walks: With a Nurse • 10AM-10:30AM Social Skills Support Group • 9:30AM – 11AM Latino Men's Support Group • 11:30AM – 1PM Grief & Loss Support Group • 2PM – 3:30PM Stigma and Substance Use Disorders (In-Person) • 3PM-4PM United Families (In-Person) • 4:30PM – 6PM 	<ul style="list-style-type: none"> Coffee & Chat (In-Person) • 4:30PM – 6PM Women and Non-Binary Individuals of Color Group • In-Person • 4PM – 5:30PM 	<ul style="list-style-type: none"> Adult Art Class (In-Person) • 12PM-1:30PM 	<ul style="list-style-type: none"> Children's Art Class (In-Person) • 12PM-1:30PM DMH Workshop • 1PM-2PM

We provide FREE screenings and referrals to treatment.
For more information, contact:
 Mental Health (213) 266-3432 Substance Use (213) 521-6113

Scan me

MENTAL HEALTH

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

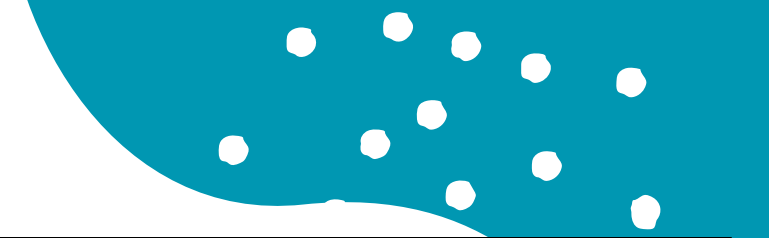
SUBSTANCE USE


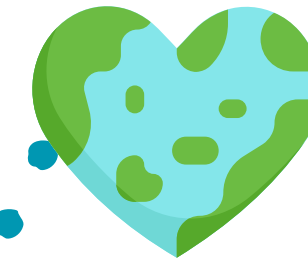

- Substance use presentations
- Substance use disorder screenings
- Referrals for substance use prevention and treatment services

HEALTH & WELLNESS

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

April 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15	16	17	18	19	20
<ul style="list-style-type: none"> Coping Skills Support Group • 9:30AM – 11AM Gender Affirming Support Group • 11:30AM – 1PM Computer Basics (In-Person) • 12PM-1PM 	<ul style="list-style-type: none"> What It Means to Be At Risk for SUD (Virtual) • 10AM-11AM Men's Trauma Survivors Support Group • 2PM – 3:30PM Coffee & Chat (In-Person) • 4:30PM – 6PM 	<ul style="list-style-type: none"> Health Walks: With a Nurse • 10AM-10:30AM Latino Men's Support Group • 11:30AM – 1PM Grief & Loss Support Group • 2PM – 3:30PM What It Means to Be At Risk for SUD (In-Person) • 3PM-4PM 	<ul style="list-style-type: none"> Produce Pick-Up • 9:30AM – 11:30AM Coffee & Chat (In-Person) • 4:30PM – 6PM 	<ul style="list-style-type: none"> Virtual Wellness • 10AM - 11:30AM Adult Art Class (In-Person) • 12PM-1:30PM Dance Fitness Class (In-Person) • 2PM-3PM 	<ul style="list-style-type: none"> Children's Art Class (In-Person) • 12PM-1:30PM DMH Workshop • 1PM-2PM 
22	23	24	25	26	27
<ul style="list-style-type: none"> Coping Skills Support Group • 9:30AM – 11AM Gender Affirming Support Group • 11:30AM – 1PM Computer Basics (In-Person) • 12PM-1PM 	<ul style="list-style-type: none"> Health Consequences of Substance (Virtual) • 10AM-11AM Men's Trauma Survivors Support Group • 2PM – 3:30PM 	<ul style="list-style-type: none"> Health Walks: With a Nurse • 10AM-10:30AM Latino Men's Support Group • 11:30AM – 1PM United Families • 4:30PM – 6PM Health Consequences of Substance Use (In-Person) • 3PM-4PM 	<ul style="list-style-type: none"> Coffee & Chat (In-Person) • 4:30PM – 6PM 	<ul style="list-style-type: none"> Adult Art Class (In-Person) • 12PM-1:30PM 	<ul style="list-style-type: none"> DMH Workshop • 1PM-2PM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30				
<ul style="list-style-type: none"> <u>Coping Skills Support Group</u> • 9:30AM – 11AM <u>Gender Affirming Support Group</u> • 11:30AM – 1PM <u>Computer Basics (In-Person)</u> • 12PM-1PM 	<ul style="list-style-type: none"> <u>Recognizing and Responding to an Overdose with Naloxone (Virtual)</u> • 10AM-11AM <u>Men's Trauma Survivors Support Group</u> • 2PM – 3:30PM 				

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



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, contact

HollywoodWilshireWC@ph.lacounty.gov or call (213) 521-6112.

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.

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



Mental Health

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.

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

Mental Health screening (Monday – Friday | 10am – 5:00pm): A mental health clinician is available to provide screenings to identify mental health treatment needs and connect individuals to an appropriate referral. To get started or receive more information, **call Martin Rodarte, LCSW at (213) 266-3432.**

United Families *NEW* (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.

Women and Non-Binary Individuals of Color *NEW* (Every 2nd & 4th Thursday) | 4:30PM-6PM) [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.



Mental Health

Department of Mental Health Workshop *NEW* 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***
- **Social Skills Group**

Virtual Wellness (Every other Friday | 10-11:30AM) 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#



Nutrition

Produce Pick-Up (1st & 3rd Thurs. | 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): 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](#)

Dance Fitness Class (2PM-3PM)- Come join us for a vibrant dance workout class that combines the latest dance trends with a fitness routine! Our instructors have designed the class for all fitness levels and all are welcome to join. Burn calories, enhance coordination and flexibility, increase cardiovascular health and join a supportive community. Classes will be on **April 5th & April 19th** from **2:00pm-3:00pm**. Please bring comfortable workout attire, supportive shoes and water. We will provide the energy! [Register today at 213-521-6112.](#)



Substance Use

What you Need to know About Substance Use Disorders

NEW: 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.

Virtually (Tuesdays | 10AM) Join by Phone: +1 (323) 776 - 6996

[See below for Conference ID #](#)

April 9th | Stigma and Substance Use Disorders

[Register here](#), Conference ID: 946 638 18#

April 17th | What It Means to Be At Risk for SUD

[Register here](#), Conference ID: 958 676 835#

April 23rd | Health Consequences of Substance

[Register here](#), Conference ID: 843 982 820#

April 30th | Recognizing and Responding to an Overdose

with Naloxone [Register here](#), Conference ID: 750 880 643#

In-Person (Wednesdays | 3PM)

April 10th | Stigma and Substance Use Disorders

April 17th | What It Means to Be At Risk for SUD

April 24th | Health Consequences of Substance

May 1st | Recognizing and Responding to an Overdose with Naloxone



Substance Use

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: ejuaraz2@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.