

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 am: <a href="#">What it Means to be at Risk for Substance Use Disorder</a>	2	3 10:00 am: <a href="#">Salud Mental y Estigma</a> 11am: The Village Mental Health Support Group	4 10:00 am: <a href="#">Recognizing and Responding to an overdose using Naloxone (IN PERSON)</a> 12pm: Operation Motherhood	5 1pm: Grandparent Caregiver Support Group 4:30pm: <a href="#">COVID-19 Support Group</a>	6
8 10:00 am: <a href="#">Understanding the Connection between Substance Use Disorder and MH</a>	9 12pm: Operation Motherhood 1pm: Living through the Pandemic	10 10am: <a href="#">Depresión Síntomas y Tratamiento</a> 9:30am – 11:30: <a href="#">FOOD DISTRIBUTION @AVHC</a> 11am: The Village Mental Health Support Group	11 12pm: Operation Motherhood	12 1pm: Grandparent Caregiver Support Group 4:30pm: <a href="#">COVID-19 Support Group</a>	13
15 10:00 am: <a href="#">Health Consequences of Substance Use Disorder</a> 1pm: <a href="#">Impacto de Duelo y Perdida</a>	16 12pm: Operation Motherhood 1pm: Living through the Pandemic	17 10:00 am: <a href="#">Trastornos de Ansiedad en Adultos Post COVID</a> 11am: The Village Mental Health Support Group	18 10:00 am: <a href="#">Recognizing and Responding to an overdose using Naloxone (VIRTUAL)</a> 10:00-11:30 am: <a href="#">FOOD DISTRIBUTION @ HDRC</a> 12pm: Operation Motherhood	19 1pm: Grandparent Caregiver Support Group 4:30pm: <a href="#">COVID-19 Support Group</a>	20 1pm-Single Parent Empowerment Group
22	23 12pm: Operation Motherhood 1pm: Living through the Pandemic	24 10am: <a href="#">Prevención de Suicidio</a> 9:30am – 11:30: <a href="#">FOOD DISTRIBUTION @AVHC</a> 11am: The Village Mental Health Support Group	25 12pm: Operation Motherhood	26 1pm: Grandparent Caregiver Support Group 4:30pm: <a href="#">COVID-19 Support Group</a>	27
29 1pm: <a href="#">Estrés Traumático Causado Por Leyes Migratorias</a>	30 10am: SAPC-Spanish presentation 12pm: Operation Motherhood 1pm: Living through the Pandemic				

Information schedule to change, please call to confirm

\*Due to COVID-19, the classes at the Antelope Valley Community will be held virtually until further notice.

For Naloxone Kit pick- up, an appointment and face covering are **REQUIRED**.

Information: (661) 471-4861 Email: [AntelopeValleyWC@ph.lacounty.gov](mailto:AntelopeValleyWC@ph.lacounty.gov)

Website: <http://publichealth.lacounty.gov/chs/AVWC>

Address: 335 B East Avenue K6, Lancaster, CA 9353

Located inside the Antelope Valley Public Health Center

Date and Time	TOPIC	Information to Join
<p>Various Dates 10am – 11am</p>	<p align="center"><b>CORE Center Substance Abuse Classes</b></p> <p><b>November 1:</b> What does it Mean to be at Risk for Substance Use Disorder</p> <p><b>November 4:</b> Recognizing and Responding to an overdose with Naloxone <b>(In person)</b></p> <p><b>November 8:</b> Understanding the Connection between Substance Use Disorder and Mental Health</p> <p><b>November 15:</b> Health Consequences of Substance Use Disorder</p> <p><b>November 18:</b> Recognizing and Responding to an Overdose with Naloxone</p> <p><b>November 30:</b> Como Reconocer y Responder a una Sobredosis administrando Naloxona</p>	<p><b>November 1:</b> <a href="#">Click here to join the meeting</a> <b>Or call in (audio only)</b> <a href="tel:+13237766996">+1 323-776-6996</a>.,<a href="tel:+12024566">412024566#</a> United States, Los Angeles Phone Conference ID: 412 024 566#</p> <p><b>November 8:</b> <a href="#">Click here to join the meeting</a> <b>Or call in (audio only)</b> <a href="tel:+13237766996">+1 323-776-6996</a>.,<a href="tel:+1846429021">846429021#</a> United States, Los Angeles Phone Conference ID: 846 429 021#</p> <p><b>November 15:</b> <a href="#">Click here to join the meeting</a> <b>Or call in (audio only)</b> <a href="tel:+13237766996">+1 323-776-6996</a>.,<a href="tel:+1258205216">258205216#</a> United States, Los Angeles Phone Conference ID: 258 205 216#</p> <p><b>November 18:</b> <a href="#">Click here to join the meeting</a> <b>Or call in (audio only)</b> <a href="tel:+13237766996">+1 323-776-6996</a>.,<a href="tel:+1640217530">640217530#</a> United States, Los Angeles Phone Conference ID: 640 217 530#</p> <p><b>November 30:</b> <a href="#">Click here to join the meeting</a> <b>Or call in (audio only)</b> <a href="tel:+13237766996">+1 323-776-6996</a>.,<a href="tel:+1376156722">376156722#</a> United States, Los Angeles Phone Conference ID: 376 156 722#</p> <p><b>November 4:</b> Will be held <b>in person</b> at AV Community Wellness Center. If you have any questions, please contact <b>Diana Quintero</b> (626) 479-4332 or <b>Melissa Longjohn</b> (213) 472-5622</p>
<p>11/10/2021 9:30am – 11:30am &amp; 11/24/2021 9:30am – 11:30am</p>	<p>Fresh Produce Distribution at AV Wellness Community. First come, first serve. See flyer.</p>	<p>First come, first serve. See flyer. Contact Tina Franco (323) 360 – 5791 if you have any questions</p>

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11/18/2021 10am – 12pm	Fresh Produce Distribution at High Desert Regional Health Center  Contact Jacquelyn Diaz (661) 471-4334, M Carmen Ludwig (661) 471 – 4231, or Eva Rodriguez (661) 471- 4345 if you have any questions	First come, first serve. See flyer. Contact Jacquelyn Diaz (661) 471-4334, M Carmen Ludwig (661) 471 – 4231, or Eva Rodriguez (661) 471- 4345 if you have any questions
Tues & Thurs	Operation Motherhood	DMH Contact: Denise Theus; <a href="mailto:CTheus@dmh.lacounty.gov">CTheus@dmh.lacounty.gov</a> Phone Number: (213) 247-6678
Fridays 1pm	Grandparent Caregiver Support Group	DMH Contact: Denise Theus; <a href="mailto:CTheus@dmh.lacounty.gov">CTheus@dmh.lacounty.gov</a> Phone Number: (213) 247-6678
Tuesdays 1pm	Living Through the Pandemic	DMH Contact: Denise Theus; <a href="mailto:CTheus@dmh.lacounty.gov">CTheus@dmh.lacounty.gov</a> Phone Number: (213) 247-6678
Wednesdays 11am	The Village Mental Health Support Group	DMH Contact: Denise Theus; <a href="mailto:CTheus@dmh.lacounty.gov">CTheus@dmh.lacounty.gov</a> Phone Number: (213) 247-6678
Fridays 4:30pm	COVID-19 Support Group	DMH Contact: Cassandra Morga; <a href="mailto:CMorga@dmh.lacounty.gov">CMorga@dmh.lacounty.gov</a> Click <a href="#">HERE</a> to join
3 <sup>rd</sup> Saturdays of the month 1pm – 2:30pm	Single Parent Empowerment Group	DMH Contact: Denise Theus; <a href="mailto:CTheus@dmh.lacounty.gov">CTheus@dmh.lacounty.gov</a> Phone Number: (213) 247-6678
Various Dates Mondays: 1:00 PM Wednesdays: 10:00 AM	<p style="text-align: center;"><b>DMH-Promotora Classes</b></p> <p style="text-align: center;"><b>November 3:</b> Salud Mental y Estigma  <b>November 10:</b> Depresión Síntomas y Tratamiento  <b>November 15:</b> Impacto De Duelo y Perdida  <b>November 17:</b> Trastornos de Ansiedad en Adultos Post COVID-19  <b>November 24:</b> Prevención de Suicidio  <b>November 29:</b> Estrés Traumático Causado Por Leyes Migratorias</p>	<p><b>Join on your computer or mobile app</b>  <a href="#">Click here to join the meeting</a></p> <p><b>Or call in (audio only)</b>  <a href="tel:+13237766996">+1 323-776-6996</a>.,71962597# United States, Los Angeles  Phone Conference ID: 719 625 97#</p>

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