



# ANTELOPE VALLEY WELLNESS COMMUNITY

LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH  
Fostering Hope - Healing - Purpose

## SUPPORT AND LINKAGE TO SERVICES IN:

- Mental Health
- Substance Abuse
- Health and Wellness

## Antelope Valley Wellness Community



The Antelope Valley Wellness Community offers a place for community members to gather, find resources, or participate in wellness activities. At the Wellness Community, there are a variety of activities such as physical activity classes, nutrition & health resources, and other support resources.\* All activities are FREE and open to the community.

## There are three main areas of service at the Wellness Communities:

### Healing & Trauma Prevention Center

The Healing & Trauma Prevention Center in the Wellness Communities offer healing and trauma prevention activities and resources for individuals and groups. Activities include support groups, healing art workshops, classes and resources designed for the local communities.\*

Staff and a mental health expert at the Healing and Trauma Prevention Centers are able to connect visitors to services and resources.



Connecting to Opportunities for Recovery and Engagement

(CORE) Centers offer a welcoming environment where visitors can ask questions about Substance Use Disorders (also known as addiction) and get connected to prevention and treatment services including risk reduction, prevention, and treatment.

Staff and substance abuse counselors are available to connect visitors with resources and services.

### Health & Wellness

In addition to clinic services (such as immunizations, tuberculosis screening & treatment, and sexually transmitted infections testing & treatment) for those without health insurance or a regular health provider, the Wellness Community offers health and wellness programs with the goal of connecting residents and improving health outcomes.

## \*Contact us for a calendar of activities

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

Monday through Friday 8:30AM – 5:30PM

