## Mental Health Learning Sessions

Join us for discussions and valuable information on mental health. We will cover topics related to mental health, including coping strategies, self-care techniques, and resources for support.



## **AV Wellness Community**

335-B East Avenue K6 Lancaster, CA 93535



## FREE!

Coffee & Tea will be provided



## **2024 DATES**

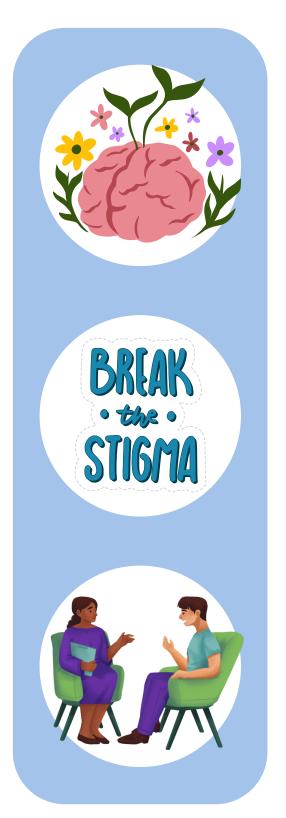
Thursday, October 10 & 24 2:30PM - 3:30PM

Thursday, November 14 & 21

2:30PM - 3:30PM

**Thursday, December 12** 

2:30PM - 3:30PM



WALK-INS WELCOME REGISTER IN ADVANCE



ATTEND 3 CLASSES, GET A **FREE** GIFT CARD!





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https://tinyurl.com/z5tfxyv5





