

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!

SCAN
ME!



661-471-4860, Ext. 3

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<https://tinyurl.com/z5tfxv5>