Service Area 3 Peer Resource Center

Men's Support Group

Every 1st and 3rd Wednesday, 1 – 2 PM

Pomona Wellness Community Los Angeles County Public Health
750 S. Park Ave., Pomona, CA 91766

Are you looking for a space to connect and share experiences? Join us to support, guide and empower fellow men. This group is a safe, judgment-free space for men to come together and discuss life issues, receive encouragement and provide support. We will explore ways to improve your quality of life and help prevent loneliness and isolation. Participants will also learn different coping skills and self-care methods through shared experiences that will improve your overall life and emotional wellbeing. We will focus on:

- Reassuring support
- Coping skills
- Grief and loss
- Addiction recovery

If you have questions or need more information, please call 213.628.6533 or email SA3PRC@dmh.lacounty.gov.

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

PRC Peer Resource Center | HEART-FORWARD

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.