

**BRINGING COMMUNITIES  
TOGETHER FOR MENTAL HEALTH**



# ▶▶ Rio Hondo Mental Health Center Presents Empowerment Through Mental Health Awareness

**Thursday, May 25, 2023**  
**10 AM – 3:30 PM**



## **Liberty Park**

19211 Studebaker Rd., Cerritos, CA 90703

Join us as we celebrate **May is Mental Health Awareness Month** as part of our *Take Action for Mental Health Los Angeles County* campaign. Rio Hondo Mental Health Center, in collaboration with L.A. County Public Health Whittier Wellness Center, welcome everyone to join us and learn more about mental health. The event will include presentations and activities focused on promoting mental health education and awareness. Take action by learning more about mental health to help yourself and your loved ones in times of need. There will be free food, beverages, resources, giveaways, and fresh produce bags.

For more information, please contact us at [anbanuelos@dmh.lacounty.gov](mailto:anbanuelos@dmh.lacounty.gov).



**Find local events at**  
**[TakeActionLAC.com](http://TakeActionLAC.com)**



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

