










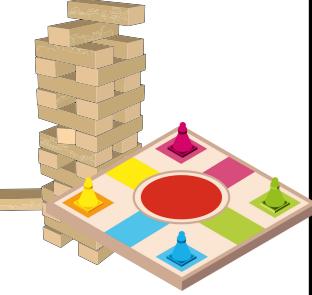



# June 2025

## Contact Us

bit.ly/HOLLYWOODWILSHIREWC  
(213) 521-6112  
HollywoodWilshireWC@ph.lacounty.gov  
5205 Melrose Ave #210, Los Angeles, CA 90038

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7
<p> <b>Coping Skills Support Group</b></p> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• 9:30AM – 11AM</li> </ul> <p> <b>Gender Affirming Support Group</b></p> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• 11:30AM – 1PM</li> </ul> <p> <b>Computer Basics</b></p> <ul style="list-style-type: none"> <li>• 12PM-1PM</li> </ul> <p> <b>Reading &amp; Rhythm</b></p> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• Session 1: 4pm-5pm</li> <li>• Session 2: 5pm-6pm</li> </ul>	<p> <b>Karaoke</b></p> <ul style="list-style-type: none"> <li>• 12PM-1PM</li> </ul> <p> <b>Men's Trauma Survivors Support Group</b></p> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• 2PM – 3:30PM</li> </ul> <p><b>Coffee &amp; Chat</b></p> <ul style="list-style-type: none"> <li>• 4:30PM-6PM</li> </ul> 	<p> <b>Health Walks: With a Nurse</b></p> <ul style="list-style-type: none"> <li>• 10AM-10:30AM</li> </ul> <p> <b>Mindful Meditation Wednesdays</b></p> <ul style="list-style-type: none"> <li>• 1PM-2PM</li> </ul> <p> <b>Reading &amp; Rhythm</b></p> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• Session 1: 4pm-5pm</li> <li>• Session 2: 5pm-6pm</li> </ul> <p> <b>United Families</b></p> <ul style="list-style-type: none"> <li>• 4:30PM-6PM</li> </ul>	<p> <b>Responding to an Overdoses and Naloxone</b></p> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• 9AM-10AM</li> </ul> <p> <b>Produce Pick-Up</b></p> <ul style="list-style-type: none"> <li>• 9:30AM-11:30AM</li> </ul> <p> <b>Zen &amp; Sober</b></p> <ul style="list-style-type: none"> <li>• 10AM-11AM</li> </ul> <p> <b>CalFresh Nutrition Class</b></p> <ul style="list-style-type: none"> <li>• 11:30AM-12:30PM</li> </ul> <p> <b>Knot &amp; Bond: Bracelet Making with Friends</b></p> <ul style="list-style-type: none"> <li>• 12PM-1PM</li> </ul> <p> <b>Coffee &amp; Chat</b></p> <ul style="list-style-type: none"> <li>• 4:30PM – 6PM</li> </ul> 	<p> <b>Virtual Wellness</b></p> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• 10AM - 11:30AM</li> </ul> <p> <b>Adult Art Class</b></p> <ul style="list-style-type: none"> <li>• 12PM-1:30PM</li> </ul> <p> <b>Sound Relaxation</b></p> <ul style="list-style-type: none"> <li>• 2PM-3PM</li> </ul>	<p> <b>Children's Art Class</b></p> <ul style="list-style-type: none"> <li>• 12PM-1:30PM</li> </ul> <p> <b>Board Game Social Saturdays</b></p> <ul style="list-style-type: none"> <li>• 1PM-3PM</li> </ul> 
9	10	11	12	13	14
<p> <b>Coping Skills Support Group</b></p> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• 9:30AM – 11AM</li> </ul> <p> <b>Gender Affirming Support Group</b></p> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• 11:30AM – 1PM</li> </ul> <p> <b>Computer Basics</b></p> <ul style="list-style-type: none"> <li>• 12PM-1PM</li> </ul> <p> <b>Reading &amp; Rhythm</b></p> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• Session 1: 4pm-5pm</li> <li>• Session 2: 5pm-6pm</li> </ul>	<p> <b>Karaoke</b></p> <ul style="list-style-type: none"> <li>• 12PM-1PM</li> </ul> <p> <b>Men's Trauma Survivors Support Group</b></p> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• 2PM – 3:30PM</li> </ul> <p><b>Coffee &amp; Chat</b></p> <ul style="list-style-type: none"> <li>• 4:30PM-6PM</li> </ul> 	<p> <b>Health Walks: With a Nurse</b></p> <ul style="list-style-type: none"> <li>• 10AM-10:30AM</li> </ul> <p> <b>NAMI: Women and Non-Binary Individuals of Color Group</b></p> <ul style="list-style-type: none"> <li>• 3:30PM - 5PM</li> </ul> <p> <b>Reading &amp; Rhythm</b></p> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• Session 1: 4pm-5pm</li> <li>• Session 2: 5pm-6pm</li> </ul> <p> <b>United Families</b></p> <ul style="list-style-type: none"> <li>• 4:30PM-6PM</li> </ul>	<p> <b>Zen &amp; Sober</b></p> <ul style="list-style-type: none"> <li>• 10AM-11AM</li> </ul> <p> <b>CalFresh Nutrition Class</b></p> <ul style="list-style-type: none"> <li>• 11:30AM-12:30PM</li> </ul> <p> <b>Knot &amp; Bond: Bracelet Making with Friends</b></p> <ul style="list-style-type: none"> <li>• 12PM-1PM</li> </ul> <p> <b>Coffee &amp; Chat</b></p> <ul style="list-style-type: none"> <li>• 4:30PM – 6PM</li> </ul>	<p> <b>Adult Art Class</b></p> <ul style="list-style-type: none"> <li>• 12PM-1:30PM</li> </ul> <p> <b>Sound Relaxation</b></p> <ul style="list-style-type: none"> <li>• 2PM-3PM</li> </ul> <div>  <p>Scan me</p> </div>	<p> <b>Sound Relaxation</b></p> <ul style="list-style-type: none"> <li>• 10AM-11AM</li> </ul> <p> <b>PBS Kids Math Games</b></p> <ul style="list-style-type: none"> <li>• 11AM-12PM</li> </ul> <p> <b>Children's Art Class</b></p> <ul style="list-style-type: none"> <li>• 12PM-1:30PM</li> </ul> <p> <b>Board Game Social Saturdays</b></p> <ul style="list-style-type: none"> <li>• 1PM-3PM</li> </ul> 

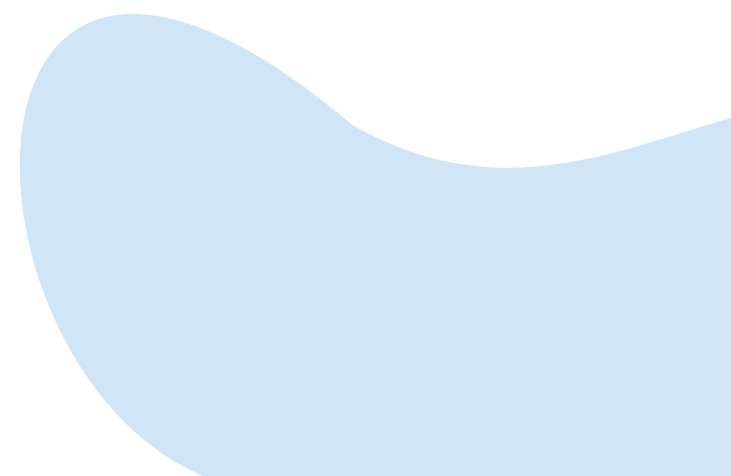
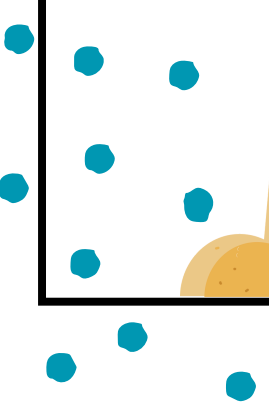
# June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16	17	18	19	20	21
<ul style="list-style-type: none"> <li> <b>Gender Affirming Support Group</b> <ul style="list-style-type: none"> <li>• 11:30AM – 1PM</li> </ul> </li> <li> <b>Computer Basics</b> <ul style="list-style-type: none"> <li>• 12PM-1PM</li> </ul> </li> <li> <b>Reading &amp; Rhythm</b> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• Session 1: 4pm-5pm</li> <li>• Session 2: 5pm-6pm</li> </ul> </li> </ul> 	<ul style="list-style-type: none"> <li> <b>Karaoke</b> <ul style="list-style-type: none"> <li>• 12PM-1PM</li> </ul> </li> <li> <b>Mental Health Awareness and Stop The Bleed</b> <ul style="list-style-type: none"> <li>• 12PM-1PM</li> </ul> </li> <li> <b>Men's Trauma Survivors Support Group</b> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• 2PM – 3:30PM</li> </ul> </li> <li> <b>Coffee &amp; Chat</b> <ul style="list-style-type: none"> <li>• 4:30PM-6PM</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li> <b>Health Walks: With a Nurse</b> <ul style="list-style-type: none"> <li>• 10AM-10:30AM</li> </ul> </li> <li> <b>Mindful Meditation Wednesdays</b> <ul style="list-style-type: none"> <li>• 1PM-2PM</li> </ul> </li> <li> <b>Reading &amp; Rhythm</b> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• Session 1: 4pm-5pm</li> <li>• Session 2: 5pm-6pm</li> </ul> </li> <li> <b>United Families</b> <ul style="list-style-type: none"> <li>• 4:30PM-6PM</li> </ul> </li> </ul>	<div>  </div>	<ul style="list-style-type: none"> <li> <b>Virtual Wellness</b> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• 10AM - 11:30AM</li> </ul> </li> <li> <b>Adult Art Class</b> <ul style="list-style-type: none"> <li>• 12PM-1:30PM</li> </ul> </li> <li> <b>Sound Relaxation</b> <ul style="list-style-type: none"> <li>• 2PM-3PM</li> </ul> </li> <li> <b>Inside the Brain of ChatGPT</b> <ul style="list-style-type: none"> <li>• 3:30PM-4:30PM</li> </ul> </li> </ul> 	<ul style="list-style-type: none"> <li> <b>Children's Art Class</b> <ul style="list-style-type: none"> <li>• 12PM-1:30PM</li> </ul> </li> <li> <b>Board Game Social Saturdays</b> <ul style="list-style-type: none"> <li>• 1PM-3PM</li> </ul> </li> </ul> 
23	24	25	26	27	28
<ul style="list-style-type: none"> <li> <b>Gender Affirming Support Group</b> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• 11:30AM – 1PM</li> </ul> </li> <li> <b>Computer Basics</b> <ul style="list-style-type: none"> <li>• 12PM-1PM</li> </ul> </li> <li> <b>Reading &amp; Rhythm</b> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• Session 1: 4pm-5pm</li> <li>• Session 2: 5pm-6pm</li> </ul> </li> </ul> 	<ul style="list-style-type: none"> <li> <b>Naloxone and Hands-Only CPR and AED</b> <ul style="list-style-type: none"> <li>• 11AM-12PM</li> </ul> </li> <li> <b>Karaoke</b> <ul style="list-style-type: none"> <li>• 12PM-1PM</li> </ul> </li> <li> <b>Men's Trauma Survivors Support Group</b> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• 2PM – 3:30PM</li> </ul> </li> <li> <b>Coffee &amp; Chat</b> <ul style="list-style-type: none"> <li>• 4:30PM-6PM</li> </ul> </li> </ul> 	<ul style="list-style-type: none"> <li> <b>Health Walks: With a Nurse</b> <ul style="list-style-type: none"> <li>• 10AM-10:30AM</li> </ul> </li> <li> <b>Mindful Meditation Wednesdays</b> <ul style="list-style-type: none"> <li>• 1PM-2PM</li> </ul> </li> <li> <b>NAMI: Women and Non-Binary Individuals of Color Group</b> <ul style="list-style-type: none"> <li>• 3:30PM - 5PM</li> </ul> </li> <li> <b>Help Me Grow</b> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• 11AM-12PM</li> </ul> </li> <li> <b>Reading &amp; Rhythm</b> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• Session 1: 4pm-5pm</li> <li>• Session 2: 5pm-6pm</li> </ul> </li> <li> <b>United Families</b> <ul style="list-style-type: none"> <li>• 4:30PM-6PM</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li> <b>Teens &amp; Vaping</b> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• 9AM-10AM</li> </ul> </li> <li> <b>Zen &amp; Sober</b> <ul style="list-style-type: none"> <li>• 10AM-11AM</li> </ul> </li> <li> <b>CalFresh Nutrition Class</b> <ul style="list-style-type: none"> <li>• 11:30AM-12:30PM</li> </ul> </li> <li> <b>Knot &amp; Bond: Bracelet Making with Friends</b> <ul style="list-style-type: none"> <li>• 12PM-1PM</li> </ul> </li> <li> <b>Coffee &amp; Chat</b> <ul style="list-style-type: none"> <li>• 4:30PM – 6PM</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li> <b>Adult Art Class</b> <ul style="list-style-type: none"> <li>• 12PM-1:30PM</li> </ul> </li> <li> <b>Sound Relaxation</b> <ul style="list-style-type: none"> <li>• 2PM-3PM</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li> <b>Sound Relaxation</b> <ul style="list-style-type: none"> <li>• 10AM-11AM</li> </ul> </li> <li> <b>Children's Art Class</b> <ul style="list-style-type: none"> <li>• 12PM-1:30PM</li> </ul> </li> <li> <b>Board Game Social Saturdays</b> <ul style="list-style-type: none"> <li>• 1PM-3PM</li> </ul> </li> </ul> 

# June 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30					
<div> <b>Gender Affirming Support Group</b> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• 11:30AM – 1PM</li> </ul> </div> <div> <b>Computer Basics</b> <ul style="list-style-type: none"> <li>• 12PM-1PM</li> </ul> </div> <div> <b>Reading &amp; Rhythm</b> <ul style="list-style-type: none"> <li>• <b>Virtual</b></li> <li>• Session 1: 4pm-5pm</li> <li>• Session 2: 5pm-6pm</li> </ul> </div>	<div> <p><b>We provide FREE screenings and referrals to treatment.</b></p> <p><b>For more information, contact:</b></p> <div> <b>Mental Health</b>  <b>(213) 266-3432</b> </div> <div> <b>Substance Use</b>  <b>(213) 521-6112</b> </div> </div>		<p><b>*All events are in person unless specified below*</b></p> <div> <div> <b>MENTAL HEALTH</b> <ul style="list-style-type: none"> <li>• Support Groups</li> <li>• Mental health screenings</li> <li>• Link to mental health services</li> </ul> </div> <div> <b>SUBSTANCE USE</b> <ul style="list-style-type: none"> <li>• Substance use presentations</li> <li>• Substance use disorder screenings</li> <li>• Referrals for substance use prevention and treatment services</li> </ul> </div> <div> <b>HEALTH &amp; WELLNESS</b> <ul style="list-style-type: none"> <li>• Fresh produce giveaways</li> <li>• Health education workshops</li> <li>• Wellness activities</li> <li>• Youth programs</li> </ul> </div> </div>		







## Fitness

### Walk with a Nurse | Wednesdays | 10AM

Join our Health Walk to take a 30-minute stroll around the neighborhood while engaging with our Public Health nurses. Meet at entrance of Hollywood-Wilshire Health Center: 5205 Melrose Ave, Los Angeles, CA 90038

[Register here](#)



## Art & Education

### Adult Art Class | Fridays 12PM-1:30PM

Discover the joy of self-expression through art as we come together to create, share, and connect in a vibrant and welcoming environment. Whether you are a seasoned artist or a beginner, this group is open to all skill levels.

**To register, call (213) 521-6112 or contact [HollywoodWilshireWC@ph.lacounty.gov](mailto:HollywoodWilshireWC@ph.lacounty.gov)**

### Children's Art Class | Saturdays 12PM-1:30PM

Our program welcomes artists of all ages, from young children to teens, encouraging them to explore the world of colors, shapes, and self-expression. Under the guidance of our staff, your little ones will embark on a colorful journey filled with laughter, fun, and artistic discovery. **To register,**

**call (213) 521-6112 or e-mail [HollywoodWilshireWC@ph.lacounty.gov](mailto:HollywoodWilshireWC@ph.lacounty.gov)**

### Melrose Got Talent Karaoke | Tuesdays | 12PM-1PM

Show us what you've got! Join us every Tuesdays from 12-1pm at Hollywood-Wilshire Wellness Community. Whether you are a performer or just love to sing, grab a mic, share your favorite music, and enjoy a break filled with fun! All are welcome!

**For questions, call (213) 521-6112 or e-mail [HollywoodWilshireWC@ph.lacounty.gov](mailto:HollywoodWilshireWC@ph.lacounty.gov)**



## Art & Education

### Board Game Social Saturdays | Saturdays | 1PM-3PM

Looking for a fun and relaxing way to spend your Saturday? Come to Board Game Social Saturdays at Hollywood-Wilshire Wellness-Community at **1:00pm**! Enjoy a variety of games for all ages, connect with fellow community members, and unwind in a friendly and welcoming space. All are welcome!

### PBS Kids Math Games

#### June 14th | 11AM-12PM

Join us for PBS Kids Family Math with Public Health Nurse, Elsie Chua! Elsie will be hosting fun and interactive virtual lessons on numbers and counting, spatial sense, sorting and collecting, measurement, patterns, and shapes. This is a great opportunity for kids to learn and explore math concepts in an engaging way. Don't miss out! Join us on **June 14th from 11AM-12PM!**

**To register, call (213) 521-6112 or e-mail [HollywoodWilshireWC@ph.lacounty.gov](mailto:HollywoodWilshireWC@ph.lacounty.gov)**

### Help Me Grow | June 25<sup>th</sup> | **Virtual** | 4PM-5PM

A safe space to gather, support other parents, share stories and experiences, plus learn about important resources for child development or special health care needs. Light refreshments will be provided! Enter to win a gift card by attending on June 25th!

**Join [here](#)**

Meeting ID: 222 777 707 776 3

Passcode: f64rf7bP



## Art & Education

### Reading & Rhythm Program | Mondays & Wednesdays | **Session 1: 4PM-5PM Session 22: 5PM-6PM | **Virtual****

The Reading & Rhythm Program is a 1-hour program that addresses the needs of struggling readers using the universal appeal of rhythm. The program will have two 1 hour sessions on Mondays and Wednesdays for 6 weeks led by a certified Reading & Rhythm facilitator. The reading & rhythm program increases reading scores by an average of 52 percent.

**To register, call (213) 521-6112.**

**For questions call (213) 521-6112 or e-mail [HollywoodWilshireWC@ph.lacounty.gov](mailto:HollywoodWilshireWC@ph.lacounty.gov)**

### Knot & Bond: Bracelet Making with Friends | Thursdays 12PM-1PM

Join us every Thursday for **Knot & Bond**, a creative and fun friendship bracelet making class! You can craft one for yourself or a friend, relax, create, and make meaningful keepsakes. No experience is necessary. Just come join the creativity and enjoy the company of fellow members in the community! All are welcome! **For questions call (213) 521-6112 or e-mail [HollywoodWilshireWC@ph.lacounty.gov](mailto:HollywoodWilshireWC@ph.lacounty.gov)**

### Computer Basics | Mondays 12PM-1PM

Our friendly and knowledgeable team will guide you step by step, ensuring you can confidently access your medical portals, schedule medical care appointments, and even sign up for produce distribution services online.

**To register, call (213) 521-6112 or e-mail [HollywoodWilshireWC@ph.lacounty.gov](mailto:HollywoodWilshireWC@ph.lacounty.gov)**



## Art & Education

### The Community Readiness Champions Initiative

The Los Angeles County Department of Public Health is proud to announce the launch of the Community Readiness Champions Initiative. A chance for community members to take FREE lifesaving classes to help someone in your community in an emergency.

### Stop The Bleed® for bleed control

Stop the Bleed® is one of our nation's largest public health campaigns. Its goal is to save lives by training people how to stop life-threatening bleeding.

### Mental Health Awareness during emergencies

During an emergency it is natural to feel stress, anxiety, grief, and worry. Mental Health Awareness during emergencies provides people the skills they need initially to help and support someone who may be experiencing a mental health challenge.

### Hands-Only CPR and AED (Automated External Defibrillator) awareness

A family member or friend has cardiac arrest and their heart has stopped beating. What do you do? If you perform CPR immediately it can potentially double or triple their chance of survival. Learning to perform Hands-Only CPR may help save the life of someone you know and love.

### Naloxone(Narcan®) to reverse an opioid overdose

Naloxone(Narcan®) is a life-saving medication used to reverse an opioid overdose, including heroin, fentanyl, and prescription opioid medications.



## Art & Education

- **Mental Health Awareness and Stop The Bleed**
  - **June 17<sup>th</sup> , 12PM-1PM**
- **Naloxone and Hands-Only CPR and AED**
  - **June 24<sup>th</sup> , 11AM-12PM**

Individuals who complete all four CRC modules achieve Community Readiness Champions Gold Medal status. A certificate of achievement and emergency preparedness sling bag will be provided. **Please note, these CRC trainings are for community members only. If you would like to schedule a free training for your staff or organization, please contact [CRCTraining@ph.lacounty.gov](mailto:CRCTraining@ph.lacounty.gov)**



## Nutrition

**Produce Pick-Up | Thursday, June 5<sup>th</sup> | 9:30AM-11:30AM**

**New Location: Lemon Grove Park, 4959 Lemon Grove Ave, Los Angeles, CA 90029**

Hollywood-Wilshire Wellness Community is hosting a free produce distribution of fruits & vegetables for pedestrian or drive-thru pick-up. No eligibility requirements and open to all! For more information and registration, visit our [Eventbrite page](#).



## Nutrition

**CalFresh Nutrition Classes | Thursdays  
11:30AM-12:30PM**

Join us at the Hollywood-Wilshire Wellness Community for a Cal Fresh Nutrition Class on Thursdays! Discover the secrets to making healthier food choices, cooking delicious meals on a budget, and nourishing your body. Our expert instructors will guide you on a journey to better health, offering practical tips and tasty recipes.

Don't miss this opportunity!

**For questions: call (213) 521-6112 or e-mail [HollywoodWilshireWC@ph.lacounty.gov](mailto:HollywoodWilshireWC@ph.lacounty.gov)**



## Mental Health

**Ask A Nurse | Select Saturdays | 2PM-4PM**

Drop-in at Wilshire Branch Library (149 N. St. Andrews Place, Los Angeles, CA 90004) to talk to our Public Health Nurse and receive free resources.

**Virtual Wellness | June 6<sup>th</sup> and June 20<sup>th</sup>  
10AM-11:30AM | Virtual**

Drop-in virtually and join this support group to learn new strategies for living a more meaningful, connected, and productive life in a supportive community of peers. You can ask about mental wellbeing, share thoughts and experiences about the community, and get connected with resources.

**[Click here to Join](#) Join by phone: +1 323-776-6996  
(Dial-in Number) Conference ID: 172 721 287#**



## Mental Health

### **\*NEW\* Zen & Sober | Thursdays | 10AM-11AM**

Join us every Thursday from 10:00am-11:00am in the Kaiser Room, for “Zen and Sober”. This weekly gathering provides a supportive space for women to come together for guided meditation and sharing. New and seasoned meditators are welcome to promote inner peace, self-reflection, and meaningful connections. All are welcome!

**Please register at 213-521-6112**

### **Coffee & Chat | Every Tuesday & Thursday | 4:30-6PM**

Drop-in and join this support group to learn new strategies for living a more meaningful, connected, and productive life in a supportive community of peers. You can ask about mental wellbeing, share thoughts and experiences about the community, and get connected with resources.

**Join in person! No registration required!**

**Location: 5205 Melrose Ave #210, Los Angeles CA 90038**

### **United Families | Wednesdays | 4:30PM-6PM**

We invite families with LGBTQ+ family members to a safe space to unite and build a foundation of understanding, acceptance, and support in our new group, United Families. We hope to help you navigate the complexities of coming out, seeking guidance on how to be a strong ally, and find community with others on a similar journey.



## Mental Health

### **Sound Relaxation | Fridays | 2PM-3PM**

#### **Saturdays: June 14<sup>th</sup> & June 28<sup>th</sup> | 10AM-11AM**

Immerse yourself into a sanctuary of serenity with our Sound Relaxation experience. An array of instruments are carefully orchestrated to soothe your mind and rejuvenate your body. Feel stress melt away and you will leave with enhanced mental clarity, energy, and emotional healing. Join us for an hour dedicated to your well-being, relaxation and self-care. Yoga mats will be provided. Feel free to bring a blanket, pillow, and/or water to Room 220 A/B, second floor at the Hollywood-Wilshire Wellness Community!

### **Sound Relaxation | Fridays | 2PM-3PM**

#### **Saturdays: June 14<sup>th</sup> & June 28<sup>th</sup> | 10AM-11AM**

Immerse yourself into a sanctuary of serenity with our Sound Relaxation experience. An array of instruments are carefully orchestrated to soothe your mind and rejuvenate your body. Feel stress melt away and you will leave with enhanced mental clarity, energy, and emotional healing. Join us for an hour dedicated to your well-being, relaxation and self-care. Yoga mats will be provided. Feel free to bring a blanket, pillow, and/or water to Room 220 A/B, second floor at the Hollywood-Wilshire Wellness Community!



## Mental Health

### **Mindful Meditation Wednesdays | Wednesdays 1PM-2PM**

Join us every Wednesdays, from 1:00pm-2:00pm for a guided meditation session designed to promote relaxation, mindfulness, and emotional wellbeing. Take a midweek pause to reset, recharge, and cultivate inner peace in a supportive and calming environment. All are welcome! **Please register at 213-521-6112**

### **NAMI: Women and Non-Binary Individuals of Color June 11<sup>th</sup> & June 25<sup>th</sup> | 3:30PM-5PM**

A free, peer led support group presented by HWWC and the National Alliance on Mental Illness (NAMI), for any adult woman or non-binary person who has experienced symptoms of mental health conditions. You can ask about mental wellbeing, share thoughts and experiences with others, and get connected with resources

### **Support Groups**

Join one of the support groups below to connect with folks and take care for your own physical and mental health. For any questions or to register, call and leave a message with your name & number on a secure and confidential voicemail to **Martin Rodarte, LCSW (He/Him/His) at 213-266-3432.**

**Offered virtually. \*- offered in English & Spanish**

- [Black Women's Support Group](#)
- [Coping Skills\\*](#)
- [Gender-Affirming Support Group](#)
- [Grief & Loss\\*](#)
- [Latino Men's Group\\*](#)
- [Men's Trauma Survivors Group\\*](#)





## Substance Use

### What you Need to know About Substance Use Disorders

This month our substance abuse counselors will be hosting a webinar on series **“Recognizing and Responding to an Overdose with Naloxone”** There are important things to keep in mind to help protect a person's safety when they experience an overdose. The most effective intervention is opioid overdose reversal medications, such as Naloxone. You should prioritize giving an opioid reversal medication in accordance with the DO's and DON'T (s). For more information about the upcoming webinar, please see the information below.

**Virtual | 9AM-10AM)**

**June 5<sup>th</sup> | Responding to Overdoses and Naloxone**

**[Join here](#), Conference ID # 234 816 478 817 3**

**Join by Phone: +1 (323) 776 - 6996**

**June 26<sup>th</sup> | Teens & Vaping**

**[Join here](#), Conference ID # 247 637 790 540 9**

**Join by Phone: +1 (323) 776 - 6996**



## Substance Use

**The Connecting to Opportunities for Recovery and Engagement (CORE) Center** is a community space where everyone can get information and resources about how to prevent alcohol and drug use, learn more about substance use disorders – also known as addiction – and find out where to go for free or low-cost treatment services. For more information, contact:

**Maurice Taylor**

**Substance Abuse Counselor**

Email: [mtaylor@ph.lacounty.gov](mailto:mtaylor@ph.lacounty.gov)

213-521-6114 (office)

For urgent requests, contact the Substance Abuse Service Helpline at **1-844- 804-7500**. The Helpline operates 24 hours/day, 7 days/week as the entry point for substance use services in Los Angeles County.



**We provide FREE screenings and referrals to treatment.**

**For more information, contact:**

**Mental Health**  
**(213) 266-3432**

**Substance Use**  
**(213) 521-6112**

## Contact Us

**[bit.ly/HOLLYWOODWILSHIREWC](https://bit.ly/HOLLYWOODWILSHIREWC)**

**(213) 521-6112**

**[HollywoodWilshireWC@ph.lacounty.gov](mailto:HollywoodWilshireWC@ph.lacounty.gov)**

**5205 Melrose Ave #210, Los Angeles, CA 90038**