

MLK Jr. Community Healing and Trauma Prevention Center  
Free Workshop Schedule

**APRIL 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>AZTEC DANCE</b> Healing through dance Every Monday 6:00PM - 8:00PM <i>*In-person, CER Room</i></p> <p><b>LGBTQIA++ SUPPORT GROUP</b> Support group for LGBTQIA++ Every Monday 5:00PM - 6:30PM <i>*In-person, hybrid</i> To join remotely contact: <a href="mailto:snilsson@sccc-la.org">snilsson@sccc-la.org</a></p>	<p><b>MINDFUL MEDITATION</b> Every Tuesday 12:00PM - 12:20PM <i>*In-person, Healing Room</i></p> <p><b>CORE WORKSHOPS</b> Prevention and substance abuse workshop April 2nd <b>Substance Use in Your Community</b> 10:00AM <i>*Virtual/English/Click link</i> <i>*For more information call</i> 323-568-8188</p> <p><b>CORE WORKSHOPS</b> Prevention and substance abuse workshop April 9<sup>th</sup> <b>Understanding the Risk of Cannabis Use</b> 10:00AM <i>*Virtual/English/Click link</i> <i>*For more information call</i> 323-568-8188</p> <p><b>IRS TAX FAIR</b> Hosted by VITA-GMS. FREE tax services and assistance in preparing and electronically filing tax returns April 9<sup>th</sup> 4:00PM - 8:00PM <i>*In-person, CER Room</i></p>	<p><b>NEW CHALLENGES</b> Mental health support group with licensed clinicians Every Wednesday 2:30PM - 4:00PM <i>*In-person, Healing Room</i></p> <p><b>LOSS AND GRIEF SUPPORT</b> Support group for those who have lost a loved one April 3rd, 17th, 24<sup>th</sup> 4:30PM - 6:30PM <i>*In-person, Healing Room</i></p> <p><b>PAINT &amp; SIP</b> Canvas painting April 10<sup>th</sup> 4:30PM - 7:00PM <i>*In-person, CER Room</i></p> <p><b>Public Health Week:</b> Help Me Grow LA Parent Cafe Space for Parents/caregivers of children with special needs April 3rd 10AM - 12:30PM <b>BLACK DADDY DIALOGUES</b> Black fathers support group April 10<sup>th</sup> 6:30PM - 8:00PM</p> <p><b>HEALING HORIZONS</b> Hosted by On my Grind Reentry Services Inc. Trauma informed workshops for residents of Willowbrook April 17<sup>th</sup> 5:30PM - 7:30PM <i>*In-person, CER Room</i></p> <p><b>Senior Spring Jubilee</b> Activities and resources for seniors April 25<sup>th</sup> 10AM - 1:00PM To register please contact: <a href="mailto:Egoff@ph.lacounty.gov">Egoff@ph.lacounty.gov</a></p>	<p><b>AZTEC DANCE</b> Healing through dance Every Thursday 6:00PM - 8:00PM <i>*In-person, CER Room</i></p> <p><b>NUTRITION EDUCATION</b> Hosted by SEE-LA A 30-minute nutrition workshop April 4<sup>th</sup> 10:45AM <i>*In-person, Healing Room</i></p> <p><b>TASTY THURSDAY</b> FREE produce giveaway April 4<sup>th</sup> &amp; 18<sup>th</sup> (1<sup>st</sup> and 3<sup>rd</sup> Thursday) 12:00PM until supplies last <i>*In-person, CER Room</i></p> <p><b>SPRING INTO HEALTH RESOURCE FAIR</b> Resources for Community and families April 4<sup>th</sup> 12:00PM- 2:30PM</p> <p><b>CORE WORKSHOPS</b> Prevention and substance abuse workshop April 4<sup>th</sup> <b>How to talk to your Loved ones about Drugs and Alcohol</b> 10:00AM <i>*Virtual/English</i> <i>*For more information call</i> 323-568-8188</p>	<p><b>IRS TAX FAIR</b> Hosted by VITA-GMS. FREE tax services and assistance in preparing and electronically filing tax returns April 12<sup>th</sup> 3:00PM - 8:00PM <i>*In-person, CER Room</i></p> <p><b>360 Degrees of Wellness</b> Mental health workshops for women and mothers. April 26<sup>th</sup> 1:00PM - 2:30PM <i>*In-person, CER Room</i></p>

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Horario de Talleres Gratuitos

# ABRIL 2024

LUNES	MARTES	MIERCOLES	JUEVES	Viernes
<p><b>DANZA AZTECA</b> <i>Sanacion a traves de la danza</i> <b>Cada Lunes</b> <b>6:00PM - 8:00PM</b> <i>En persona, Sala CER</i></p> <p><b>LGBTQIA++ GRUPO DE APOYO</b> <i>Grupo de apoyo para miembros de la comunidad LGBTQIA++.</i> <b>Cada Lunes</b> <b>5:00PM - 6:30PM</b> <i>En persona y virtual</i> <i>Para recibir link a el grupo:</i> <a href="mailto:snilsson@sccc-la.org">snilsson@sccc-la.org</a></p>	<p><b>MEDITACIÓN CONSCIENTE</b> <b>Cada Martes</b> <b>12:00PM - 12:20PM</b> <i>En persona, Sala de curación</i></p> <p><b>IRS TAX FAIR</b> <i>Organizado por VITA-GMS</i> <i>Servicios de impuestos gratuitos y preparacion electronica.</i> <b>12 de Abril</b> <b>4:00PM - 8:00PM</b> <i>En persona, Sala CER</i></p>	<p><b>NUEVOS DESAFIOS</b> <i>Grupo de apoyo de salud mental con médicos licenciados</i> <b>Cada Miercoles</b> <b>2:30PM - 4:00PM</b> <i>En persona, Sala de curación</i></p> <p><b>LA PERDIDA Y EL DOLOR</b> <i>Grupo de apoyo para aquellos que han perdido a un ser querido</i> <b>3, 17, y 24 de Abril</b> <b>4:30PM - 6:30PM</b> <i>En persona, Sala de curación</i></p> <p><b>Semana de Salud Publica</b> <b>Help Me Grow LA Café de Padres</b> <i>Espacio para padres de ninos necesidades especiales</i> <b>3 de Abril 10AM-12:30PM</b></p> <p><b>PINTAR Y BEBER</b> <i>Clase de pintar</i> <b>10 de Abril</b> <b>4:30PM - 7:00PM</b> <i>En persona, Sala CER</i></p> <p><b>CORE TALLERES</b> <i>Talleres de prevención y abuso de sustancias</i> <b>10 de Abril</b> <u><a href="#">Uso de Sustancias en tu Comunidad</a></u> <b>10:00AM</b> <i>Virtual/Espanol</i> <i>*Para mas informacion llame</i> 323-568-8188</p> <p><b>HORIZONTES CURATIVOS</b> <i>Talleres de trauma para residentes de Willowbrook</i> <b>17 de Abril</b> <b>5:30PM - 7:30PM</b> <i>En persona, Sala CER</i></p>	<p><b>DANZA AZTECA</b> <i>Sanacion a traves de danza</i> <b>Cada Jueves</b> <b>6:00PM - 8:00PM</b> <i>En persona, Sala CER</i></p> <p><b>Educación Nutricional</b> <i>Organizado por SEE-LA</i> <i>Taller de educación nutricional de 30 minutos</i> <b>4 de Abril</b> <b>10:45AM</b> <i>En persona, Sala de curación</i></p> <p><b>JUEVES SABROSO</b> <i>Surtido de producto gratis</i> <b>4 y 18 de Abril</b> <i>(El primer y tercer jueves)</i> <b>12:00PM Hasta agotar existencias</b> <i>En persona, Sala CER</i></p> <p><b>Primavera Hacia La Salud</b> <i>Recursos y actividades para Familias</i> <b>4 de Abril</b> <b>12:00PM - 2:30PM</b></p> <p><b>CORE TALLERES</b> <i>Talleres de prevención y abuso de sustancias</i> <b>10:00AM</b> <b>18 y 25 de Abril</b> <u><a href="#">Comprender el riesgo de Cannabis</a></u> <u><a href="#">Como hablar con tus seres Queridos sobre las Drogas y el Alcohol</a></u> <i>Virtual/Espanol</i> <i>*Para mas informacion llame</i> 323-568-8188</p>	<p><b>IRS TAX FAIR</b> <i>Organizado por VITA-GMS</i> <i>Servicios de impuestos gratuitos y preparacion electronica.</i> <b>12 de Abril</b> <b>3:00PM - 8:00PM</b></p> <p><b>360 Grados de Bienestar</b> <i>Taller de Salud Mental para mujeres y madres</i> <b>Abril</b> <b>1:00PM - 2:30PM</b> <i>En persona, Sala CER</i></p>