

West LA Wellness Community

Calendar April 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
April 1	April 2	April 3	April 4	April 5
3pm: No Limits, No Boundaries Zoom	10am: Free Food Market 1pm: Share Your Light		4pm: Family Fun Zoom	
April 8	April 9	April 10	April 11	April 12
3pm: No Limits, No Boundaries Zoom	10am: Free Food Market 1pm: Share Your Light		4pm: Family Fun Zoom	
April 15	April 16	April 17	April 18	April 19
3pm: No Limits, No Boundaries Zoom	10am: Free Food Market 1pm: Share Your Light		4pm: Family Fun Zoom	
April 22	April 23	April 24	April 25	April 26
3pm: No Limits, No Boundaries Zoom	10am: Free Food Market 1pm: Share Your Light 1pm: DMH presentation on "Drug and Alcohol Prevention "on Teams		4pm: Family Fun Zoom	
April 29	April 30	May 1	May 2	May 3
3pm: No Limits, No Boundaries Zoom	10am: Free Food Market 1pm: Share Your Light		4pm: Family Fun Zoom	





About the West LA Wellness Community

The goal of the West LA Wellness Community is to offer community members a virtual place to connect, find resources, and participate in wellness activities.

The West LA Wellness Community aims to serve individuals and families with free services and linkage to resources designed to promote health, healing, and well-being. All activities are free and open to the community.

Activity Descriptions

CORE Substance Use Presentations: Substance Abuse Counselors provide educational presentations on a variety of topics. For questions or referrals, contact Luis Renteria (LRenteria@ph.lacounty.gov, 323-236-4155) or Steven Cagle (SCagle@ph.lacounty.gov, 323-233-6307)

DMH United Mental Health Promoters will present "Understanding Anxiety Disorders" on Tuesday, on April 23rd at 1:00 pm. **Register [here](#).**

Family Fun Zoom with Westside Infant-Family Network. Families with children 0-5 years are welcome to participate in activities like story time, crafts, and movement. **Register [here](#).**

Free Food Market at Simms Mann Health and Wellness Center: 2509 Pico Blvd, Santa Monica, CA 90405. Drive-through produce distribution through Venice Family Clinic. Open to the entire community. For more information and additional food distributions, **visit their website [here](#).**

No Limits, No Boundaries with Project Return – An empowerment group for those seeking encouraging mental health support. This course is hybrid. The physical location will be at 12901 Venice Blvd. Los Angeles, CA. 90066 and the zoom link [here](#).

Share Your Light! with Project Return – A peer support group for individuals to discuss on topics related to personal experiences in overcoming life challenges. Location: : Alcott Center, 10559 Jefferson Blvd. Culver City, CA. 90230. Please contact [Moses Ramirez](#) for questions

Questions? Want to get involved? Email WestLAWellness@ph.lacounty.gov

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