



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



Parks  
Make  
Life  
Better!



Community Services  
& Parks

## COMMUNITY SERVICES AND PARKS IN PARTNERSHIP WITH LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH PRESENTS:

**JUNE 7, 2024** - Understanding Anxiety and Building Resiliency

**JUNE 14, 2024** - Grief, loss and Resilience

**JUNE 21, 2024** - Emotional Wellbeing and Stress

**JUNE 28, 2024** - Understanding the Impact of Addiction and Mental Wellness

**(ALL DATES)**

**10:00 AM-11:00 AM**

**ADULT RECREATION CENTER**

201 E. Colorado St.  
Glendale, CA 91205  
Multi-Purpose Room B

For more information, please call (818) 548-3775



@MyGlendaleParks

Disclaimer: The City of Glendale's Community Services & Parks Department is not affiliated with presenting organization. All topics and speakers are presented for informational purposes. The organizations or speaker's opinions do not necessarily reflect or represent the official policy or position of the City and its Community Services & Parks Department.