



**JOIN US!**

**FREE EVENT**

## Los Angeles County Department of Mental Health is hosting “Take Action” events near you!

Come and enjoy:

- Free food, music & giveaways
- Free community resources
- Meditation, yoga & other wellness activities

**Wednesday, May 14, 2025, 11 am - 3 pm**

**Service Area 8  
Los Angeles Harbor College  
1111 Figueroa Place, Wilmington**



IN PARTNERSHIP WITH:



WELLNESS • RECOVERY • RESILIENCE

For ADA accommodations, community members should reach out to:

Email: [ADA@dmh.lacounty.gov](mailto:ADA@dmh.lacounty.gov)

Phone: (213) 943-8120  
(213) 947-6837

**Check out all events at [www.takeactionla.com](http://www.takeactionla.com)**