



**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

**Monday, May 12, 2025, 11 am - 3 pm**

**Service Area 2  
Los Angeles Valley College  
(Monarch Square)  
5800 Fulton Ave., Valley Glen**



**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)**