



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 7, 2025, 11 am - 3 pm

**Service Area 1
Antelope Valley College
(Lancaster Campus)
3041 West Avenue K, Lancaster**



IN PARTNERSHIP WITH:



WELLNESS • RECOVERY • RESILIENCE

For ADA accommodations, community members should reach out to:

Email: ADA@dmh.lacounty.gov

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

Check out all events at www.takeactionla.com