

The Peer Resource Center online  
support groups are here for you on:

# Thanksgiving Day

## NOVEMBER 26, 2020

• 10:00 - 11:30 am •

### COMMUNITY CONNECTION

*This is a place where everyone can build a network to share various community resources, experiences, and learn about ways to get/give help.*

[Click to join us via Microsoft Teams Meeting](#) or  
Call (323) 776-6996, Conference ID: 452 617 990#

• 1:00 - 3:00 pm •

### HEALTHY RELATIONSHIPS

*A good friend can be helpful in difficult times. Discussions include how to cultivate and maintain a positive, supportive relationships with self and others.*

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Call (323) 776-6996, Conference ID: 452 617 990#

For questions about the groups, email **Lori Kerr** at [lkerr@dmh.lacounty.gov](mailto:lkerr@dmh.lacounty.gov)

For individual emotional support, please call the  
**LACDMH Warm Line** at **(800) 854-7771** (option '2'), from 9am to 9pm



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**PRC**   
Peer Resource Center

HEART-FORWARD