



▶▶ **The Peer Resource Center
online support groups
are here for you**

Christmas Day & **New Years Day**
Dec. 25, 2020 & **Jan. 1, 2021**

10:00 – 11:30 am

What's the Word? Word Up

Participants will build and strengthen their support networks by sharing community resources and personal experiences, and learn about ways to give and ask for help.

[Click to join us via Microsoft Teams Meeting](#) or call (323) 776-6996, Conference ID: 469 381 844#

1:00 – 3:00 pm

Healthy Relationships

Participants will learn how to cultivate and maintain positive and supportive relationships within themselves and with others.

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

Please email Lori Kerr at lkerr@dmh.lacounty.gov if you have any questions about the groups.
For emotional support, please call the **LACDMH Help Line** at **1-800-854-7771** (option '2'), 9am to 9pm.



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DEPARTMENT OF
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