



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

**Christmas Day  
December 25, 2021**

**&**

**New Year's Day  
January 1, 2022**

**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.

Join via [Microsoft Teams Meeting](#) or call [323.776.6996](tel: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.

Join via [Microsoft Teams Meeting](#) or call [323.776.6996](tel:323.776.6996), Conference ID: 452 617 990#

*Questions about the group/meeting?* Contact Lori at [lkerr@dmh.lacounty.gov](mailto:lkerr@dmh.lacounty.gov).

If you are in need of individual emotional support, please call our [LACDMH Help Line](#) at [1.800.854.7771](tel:1.800.854.7771) (option '2'), from 9 am to 9 pm.