

MAY IS MENTAL HEALTH AWARENESS MONTH

PSS OFFERS CONFIDENTIAL ONE-ON-ONE THERAPY AT NO CHARGE FOR PROBATION STAFF

This May, the focus of Probation Support Services is on Mental Health Awareness Month. Because it is so prevalent that mental health conditions go hand-in-hand with high stress jobs, the staff at PSS feels it is important that probation employees receive the necessary support. This month we would like to share some wellness activities and mental health resources.



Policing Matters is a podcast hosted by retired deputy chief Jim Dudley. Join him on Wednesdays as he sits down with law enforcement leaders and criminal justice experts to discuss strategy, challenges, and trends in policing. Check out his show on "Building Healthy, Resilient Police Officers" [HERE](#).

The **Health & Wellness** resource center website provides peace officers with videos, training drills and expert advice to help ensure the officer's head is straight and body is strong. Find out more [HERE](#).

There are a number of events in Los Angeles and more great information available on the **National Alliance on Mental Illness** website. Go to namila.org

If you would like to know more about services provided by PSS, please contact 24/7:

Ph: 818-788-8016

Email: info@probationsupportservices.com

www.probationsupportservices.com

Here are some classes that you can attend through your ZOOM app on your computer or cell phone:

Mindfulness Movement Class

Every Tuesday, 9 - 10 a.m. Online

Great for: 18+

Providence Saint John's Child & Family Development Center is offering a Mindful Movement class based on the principles of Trauma Center Trauma-Sensitive Yoga. This class is focused on the internal experience of the participant and is an opportunity to notice, choose, and engage in a shared authentic experience with others. All skill levels are welcome. To attend, please use login through [Zoom.us](https://zoom.us) using the following ID (401 384 9671) and passcode (6huKEV).

Mindful Movement & Meditation Class

May 4th & May 18th (Wednesdays), 6:30 p.m. - 7:30 p.m. Online

Great for: Families of all ages

Providence Saint John's Child & Family Development Center is offering a Mindful Movement class based on the principles of Trauma Center Trauma-Sensitive Yoga. This class is an opportunity to move in an authentic way with other family members in a shared online community. A meditation will be offered as a closing to the class. All skill levels are welcome. To attend, please login through [Zoom.us](https://zoom.us) using the following ID (401 384 9671) and passcode (6huKEV).