



▶▶ Relaxing Levels of Meditation

Mondays, 8:30 – 9:30 AM

Wednesdays, 3:00 -3:30 PM

Olive View Mental Health Center

14238 Saranac Lane Sylmar, CA 91342

Would you like to develop the ability to relax your mind, body, and soul? Join us for a meditation session and learn breathing techniques you can use during a crisis or after any traumatic situations. Coffee or tea will be provided.

For more information, please contact La Londa Alex at lalex@dmh.lacounty.gov.



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.