



▶▶ Service Area 3 Peer Resource Center Senior Support Group

**Every 2nd & 4th Wednesday of the Month
1:00 – 2:30 PM**

Azusa Senior Center
740 N. Dalton Ave., Azusa CA 91702

Service Area 3 Peer Resource Center invites you to join our Senior Support Group. Here we will explore ways to improve quality of life and general well-being to help prevent loneliness and isolation. This support group will give all a chance to express themselves judgment-free and receive assurance and support from people with similar experiences. We will be focusing on:

- Emotional Support
- Coping Skills
- Grief and Loss
- Addiction Recovery

If you have any questions or need more information, call us at 626.430.2980 or email SA3PRC@dmh.lacounty.gov.



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