



▶▶ Service Area 3 Peer Resource Center Peer Support Group

**Every Second & Fourth Thursday of the Month
2:00 – 3:30 PM**

You all are invited to join the Service Area 3 Peer Resource Center team for our Peer Support Group! This group provides a safe and judgment-free space for all community members to build a supportive network of fellow peers with lived experiences. Come and join our fellow peers in learning how to better cope with stress, anxiety, depression, and many other life challenges we face as a community. Come and share your experience or simply listen and gain support from your peers!

Here are two ways to join:

- **Virtually** on [Microsoft Teams Meeting](#) or call 323.776.6996, Conference ID: 247 930 869 921#, or scan QR code to join:
- **In-person** at **Norwood Library:**
4550 N Peck Road, El Monte, CA 91732



If you have any questions or need more information, call us at 626.430.2955 or email to SA3PRC@dmh.lacounty.gov.



HEART-FORWARD



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DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.