



▶▶ SA 7 Roybal Family Mental Health Center Mind Matters

Mondays from 3:30 – 4:30 PM

Roybal Family Mental Health Center

4701 East Cesar E. Chavez Ave., Los Angeles, CA 90022

Are you looking for a safe and supportive environment where you can learn about mental health, share your experiences, and learn new coping skills? Whether you're dealing with stress, anxiety, depression, or just need someone to talk to, our Mind Matters group is here for you.

This group is for youth between the ages of **13 to 17** years old.

To participate in this group, please scan the QR code and complete the registration form. Enrollment is required, and a team member will reach out to confirm your registration. For more information, please contact Mari Loera, Mental Health Clinical Supervisor, at 323-267-3400.



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