



▶▶ SA 7 Roybal Family Mental Health Center Presents: **Changing Tides**

**Mondays, November 25, 2024 to December 30,
2024 from 10:00 – 11:00 AM**

If you have experienced a change in your life or a personal loss (loss of a loved one, a job, a relationship, or experiencing a life transition), join us to receive emotional support in a safe, confidential, and non-judgmental space. This group provides space to share your experiences with others who have also experienced a change or a loss, while learning stress-management tools and coping skills to support you.

Here are two ways to join:

Virtually on [Microsoft Teams Meeting](#)

Meeting ID: 230 740 337 676

Passcode: h3gArJ

or call 323-776-6996

Conference ID: 337 194 464#

In-person at **Roybal Family Mental
Health Center**

4701 Cesar E. Chavez Ave., 2nd

Floor, Los Angeles, CA 9002

To participate in this group, please scan the QR code and complete the registration form. For more information, contact Mari Loera, Mental Health Clinical Supervisor, at 323-267-3400.



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