



## ▶▶ Service Area 2 Santa Clarita Valley Mental Health Center Men's Support Group

**Every Monday of the Month**  
**3:30 – 5:00 PM**

**Santa Clarita Valley Mental Health Center**  
23501 Cinema Dr., Suite 200, Valencia, CA 91355

This support group is dedicated to offering a supportive space where men can learn and develop healthy coping skills to manage the stressors they experience. Whether it's work-related pressures, family responsibilities, or personal challenges, our group provides a safe environment for open discussion and mutual support. Through guided sessions, educational resources, and peer interactions, men can gain valuable strategies to enhance their mental and emotional well-being. Join us to connect with others, share experiences, and empower yourself with the tools needed to navigate life's challenges with resilience and confidence.

This support group is by **referral only**. For more information, please call Fernando Martinez at 661-288-4800.



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