



▶▶ Service Area 2 West Valley Mental Health Center Men's Talk Time Group

Every Thursday of the Month
1:00 – 2:00 PM

West Valley Mental Health Center
20151 Nordhoff St., Chatsworth, CA 91311

Service Area 2 Men's Talk Time Support Group provides a safe and inclusive space for men to navigate common challenges and find support. We offer a variety of resources and information tailored to address issues such as mental health, stress management, and work-life balance. Through our group, men can connect with others who understand their experiences, access valuable educational materials, and receive guidance from professionals. Join us to share your journey, gain strength from the community, and take steps towards a healthier and more balanced life.

This support group is led by Rick, Dariush, and Bengie. For more information or to register, call 818-407-3200.