



▶▶ Service Area 5 Edelman Mental Health Center **Men's Group**

Every Thursday of the Month
2:00 – 3:15 PM

Edelman Mental Health Center
5860 Uploader Way, Culver City, CA 90230

Our Service Area 5 men's support group brings a compassionate and understanding environment where men can find the support they need to cope with everyday struggles. Whether it's dealing with stress, managing work-life balance, or navigating personal challenges, our group offers a space for open dialogue and mutual encouragement. Through shared experiences, practical advice, and emotional support, men can build resilience and find healthier ways to handle life's ups and downs. Join us to connect with others who understand and support your journey towards wellbeing.

For more information contact please contact Kendrick Thomas at 424-298-2141.