



▶▶ SA 7 Roybal Family Mental Health Center Presents: **Seeking Safety, Rising Strong**

Wednesdays from 3:30 PM – 4:30 PM

Roybal Family Mental Health Center

4701 Cesar E. Chavez Ave., 2nd Floor, Los Angeles, CA 90022

This group is for teens seeking a safe and supportive environment to develop resilience, acquire healthy coping strategies, and address the challenges posed by stress, trauma, substance use, and other difficult emotions. Teens will gain tools to manage intense feelings, examine personal boundaries, practice self-care, identify unsafe patterns, and learn how to seek help and support.

For more information, please contact Mari Loera, Mental Health Clinical Supervisor, at 323-267-3400. To enroll in this group, scan the QR code and submit your information. A member of our team will contact you to verify enrollment.



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