



# ▶▶ SA 7 Roybal Family Mental Health Center Mind Matters

**Fridays from 3:30 – 4:30 PM**

**Roybal Family Mental Health Center**

4701 East Cesar E. Chavez Ave., Los Angeles, CA 90022

Are you looking for a safe and supportive environment where you can learn about mental health, share your experiences, and learn new coping skills? Whether you're dealing with stress, anxiety, depression, or just need someone to talk to, our Mind Matters group is here for you.

This group is for youth between the ages of **13 to 17** years old.

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.