



►► Service Area 1 Administration **The Village African American Maternal Mental Health Group**

Fridays, virtually at 3:00 PM

Come join us for a safe space for African American mothers to feel heard. Learn ways to improve your mental wellbeing before, during, and after your pregnancy. Grow and develop a supportive connection with other women within the African American community. You will receive resources and services plus leave with valuable information to assist you during your parenting journey. Topics included empowering African American women, postpartum support, building healthy relationships, and addressing depression/anxiety/stress.

Registration is required. To register or for more information, please contact Chaka Denise Theus at (213) 247-6678 or email: ctheus@dmh.lacounty.gov.



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