



## ►► Service Area 3 Peer Resource Center Gardening Group

**Every Friday**

**10:00 AM – 11:00 AM**

**East San Gabriel Valley Mental Health Center**

1359 N. Grand Ave., Covina, CA 91724

Service Area 3 Peer Resource Center invites you to join our stress-free Gardening Group. The practice of planting flowers, fruits, and vegetables with friends in our Therapy Garden will help take your mind off everyday stress, anxiety, and other life challenges. We will explore ways to improve your quality of life and general well-being to help prevent loneliness and isolation.

If you have questions or need more information, contact us by phone at 213.793.3753 or by email at [SA3PRC@dmh.lacounty.gov](mailto:SA3PRC@dmh.lacounty.gov).



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