



Eaton Fire: Free Support Classes Available

Dealing with Disaster. How to Cope and Thrive

Now through November 29

(Except Veteran's Day & Thanksgiving Day)

 Loma Alta Park (3330 N. Lincoln Ave., Altadena, CA 91001)

Tuesdays
5:00 – 6:30 PM

Thursdays
12:00 – 1:30 PM

Saturdays
12:00 – 1:30 PM

Drop in for free Psychological First Aid classes, which are designed to support recovery and promote resilience by helping people recognize signs of distress, discover and use tools to manage stress symptoms, and learn about additional wellbeing resources for themselves and their loved ones. Classes are open to everyone on a first-come, first-served basis.

For more information, contact Dr. Michelle Majors at 626-430-2930.