



▶▶ Service Area 6 Presents **Father's Wellness Group**

Wednesdays from 2:00PM- 3:00PM

West Central Mental Health Center
3609 10th Ave., Los Angeles, CA 90018

Welcome fathers of all backgrounds! Join a safe, judgement-free space to talk, heal and grow. Break the silence around mental health, heal from trauma and past experiences, reclaim life from addiction and substance use, build strength from lived experiences to overcome stigmas, barriers and stereotypes associated with paternal mental health.

For more information, please contact us at NCollins@dmh.lacounty.gov



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