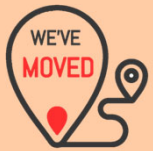
MAY SA 2 Presents 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
				1 **Guided Meditation Group** 9:30am-10:30am **Paint for Relaxation** 10:30am -11:30am	2/3 Closed
4 **Hiking/Yoga** 9:00am-10:00am **Lego Flower Class** 10:30am -11:30am	5 **Café Calm** 10:00am-11:00AM	6 **Gardening w/ Gratitude** 9:00am-9:45am	7 **Cooking Class** 10:00am – 11:00am	8 **Guided Meditation Group** 9:30am-10:30am **Paint for Relaxation** 10:30am -11:30am	9/10
11 **Hiking/Yoga** 9:00am-10:00am **Lego Flowers** (Please Call, limited Materials) 10:30am-11:30am	12 **Café Calm** 10:00am-11:00AM	13 **Gardening w/ Gratitude** 9:00am-9:45am	14 **Cooking Class** 10:00am – 11:00am **Diamond Art Class** 10:30am-11:30am	15 **Guided Meditation Group** 9:30am-10:30am **Paint for Relaxation** 10:30am -11:30am	16/17 Closed
18 **Hiking/Yoga** 9:00am-10:00am **Lego Flowers** (Please Call, limited Materials) 10:30am-11:30am	19 **Café Calm** 10:00am-11:00AM	20 **Gardening w/ Gratitude** 9:00am-9:45am	21 **Cooking Class** 10:00am – 11:00am **Diamond Art Class** 10:30am-11:30am	22 **Guided Meditation Group** 9:30am-10:30am **Paint for Relaxation** 10:30am -11:30am	23/24 Closed
  25	26 **Café Calm** 10:00am-11:00AM	27 **Gardening w/ Gratitude** 9:00am-9:45am	28 **Cooking Class** 10:00am – 11:00am **Diamond Art Class** 10:30am-11:30am	29 **Guided Meditation Group** 9:30am-10:30am **Paint for Relaxation** 10:30am -11:30am	30/31 Closed

Olive View Mental Health Clinic
14238 Saranac Lane Sylmar
Ca, 91342
818-485-0888



La Casita Clubhouse
14659 Olive View Drive
Ca, 91342
818-485-0888

Center Hours:
8am-4:30pm
Monday-Friday
Saturday-Sunday-CLOSED

MAY 2026

SA 2 Presents

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
hope recovery wellbeing.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
				1 Grupo de Meditación Guiada 9:30am-10:30am Pintura para la relajación 10:30 - 11:30	2/3 Cerrado
4 Senderismo/Yoga 9:00am-10:00am Clase de Flores de Lego 10:30 - 11:30	5 Café Calm 10:00am-11:00AM	6 Jardinería con gratitud 9:00am-9:45am	7 Día del Patrimonio Armenio Clase de Cocina 10:00am-11:30am	8 Grupo de Meditación Guiada 9:30am-10:30am Pintura para la relajación 10:30 - 11:30	9/10
11 Senderismo/Yoga 9:00am-10:00am Clase de Flores de Lego 10:30 - 11:30	12 Café Calm 10:00am-11:00AM	13 Jardinería con gratitud 9:00am-9:45am	14 Clase de Cocina 10:00am – 11:00am Clase de Arte Diamante 10:30am-11:30am	15 Grupo de Meditación Guiada 9:30am-10:30am Pintura para la relajación 10:30 - 11:30	16/17 Cerrado
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25 	26 Café Calm 10:00am-11:00AM	27 Jardinería con gratitud 9:00am-9:45am	28 Clase de Cocina 10:00am – 11:00am Clase de Arte Diamante 10:30am-11:30am	29 Grupo de Meditación Guiada 9:30am-10:30am Pintura para la relajación 10:30 - 11:30	30/31 Cerrado

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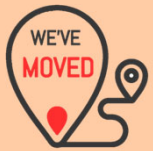

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