






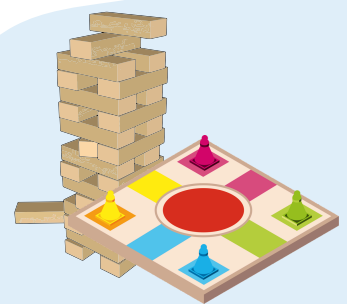


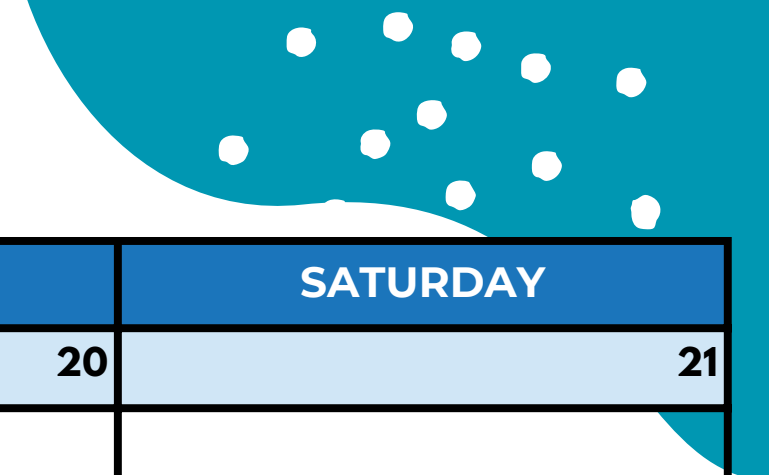





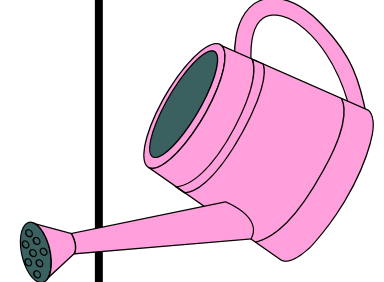

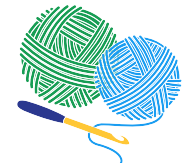
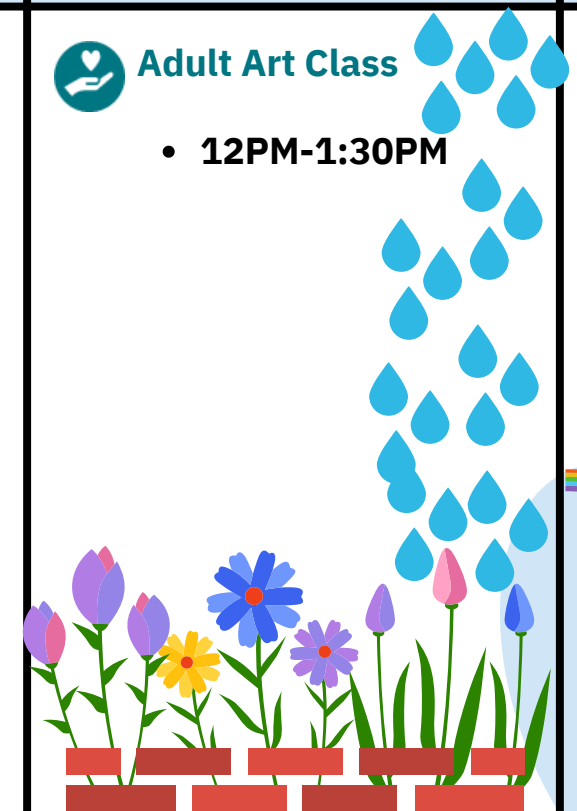

March 2026

Contact Us
bit.ly/HOLLYWOODWILSHIREWC
 (213) 521-6112
HollywoodWilshireWC@ph.lacounty.gov
 5205 Melrose Ave #210, Los Angeles, CA 90038

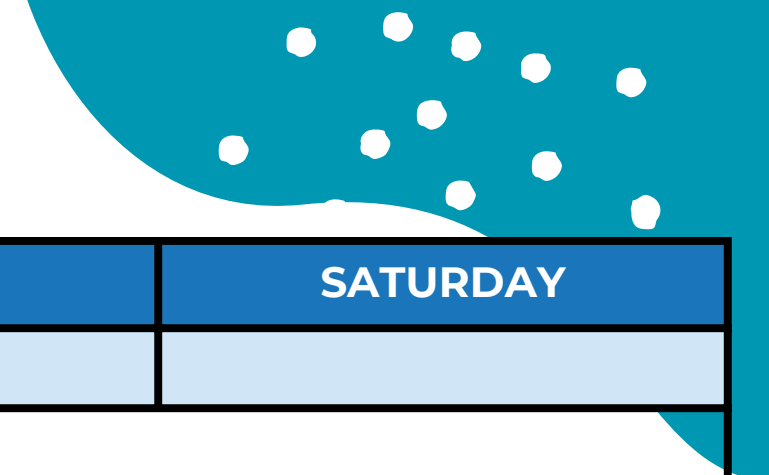
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7
<p>Gender Affirming Support Group</p> <ul style="list-style-type: none"> Virtual 11:30AM – 1PM <p>Computer Basics</p> <ul style="list-style-type: none"> 12PM-1PM 	<p>Chair Yoga</p> <ul style="list-style-type: none"> 12PM-12:30PM <p>Men's Trauma Survivors Support Group</p> <ul style="list-style-type: none"> Virtual 2PM – 3:30PM <p>Coffee & Chat</p> <ul style="list-style-type: none"> 4:30PM-6PM 	<p>The Garden @ HWWC</p> <ul style="list-style-type: none"> 9:30AM-10:30AM <p>Crochet Class</p> <ul style="list-style-type: none"> 11AM-12PM <p>Mindful Meditation Wednesdays</p> <ul style="list-style-type: none"> 1PM-2PM <p>United Families</p> <ul style="list-style-type: none"> 4:30PM-6PM 	<p>Produce Pick-Up</p> <ul style="list-style-type: none"> 9:30AM-11:30AM <p>Chair Yoga</p> <ul style="list-style-type: none"> 12PM-12:30PM <p>Coffee & Chat</p> <ul style="list-style-type: none"> 4:30PM – 6PM 	<p>Virtual Wellness</p> <ul style="list-style-type: none"> Virtual 10AM - 11:30AM <p>Adult Art Class</p> <ul style="list-style-type: none"> 12PM-1:30PM 	  <p>Scan me</p>
9	10	11	12	13	14
<p>Gender Affirming Support Group</p> <ul style="list-style-type: none"> Virtual 11:30AM – 1PM <p>Computer Basics</p> <ul style="list-style-type: none"> 12PM-1PM 	<p>Chair Yoga</p> <ul style="list-style-type: none"> 12PM-12:30PM <p>Men's Trauma Survivors Support Group</p> <ul style="list-style-type: none"> Virtual 2PM – 3:30PM <p>Coffee & Chat</p> <ul style="list-style-type: none"> 4:30PM-6PM 	<p>The Garden @ HWWC</p> <ul style="list-style-type: none"> 9:30AM-10:30AM <p>Crochet Class</p> <ul style="list-style-type: none"> 11AM-12PM <p>Mindful Meditation Wednesdays</p> <ul style="list-style-type: none"> 1PM-2PM <p>United Families</p> <ul style="list-style-type: none"> 4:30PM-6PM 	<p>Chair Yoga</p> <ul style="list-style-type: none"> 12PM-12:30PM <p>Coffee & Chat</p> <ul style="list-style-type: none"> 4:30PM – 6PM 	<p>Adult Art Class</p> <ul style="list-style-type: none"> 12PM-1:30PM 	<p>Children's Art Class</p> <ul style="list-style-type: none"> 12PM-1:30PM <p>Board Game Social Saturday</p> <ul style="list-style-type: none"> 1PM-3PM 
			<div style="border: 2px solid #00728f; border-radius: 15px; padding: 10px;"> <div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p>MENTAL HEALTH</p> <ul style="list-style-type: none"> Support Groups Mental health screenings Link to mental health services </div> <div style="width: 30%;"> <p>SUBSTANCE USE</p> <ul style="list-style-type: none"> Substance use presentations Substance use disorder screenings Referrals for substance use prevention and treatment services </div> <div style="width: 30%;"> <p>HEALTH & WELLNESS</p> <ul style="list-style-type: none"> Fresh produce giveaways Health education workshops Wellness activities Youth programs </div> </div> </div>		

March 2026




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16	17	18	19	20	21
<ul style="list-style-type: none"> Gender Affirming Support Group • Virtual • 11:30AM – 1PM Computer Basics • 12PM-1PM 	<ul style="list-style-type: none"> Chair Yoga • 12PM-12:30PM Men's Trauma Survivors Support Group • Virtual • 2PM – 3:30PM Coffee & Chat • 4:30PM-6PM 	<ul style="list-style-type: none"> The Garden @ HWWC • 9:30AM-10:30AM Crochet Class • 11AM-12PM Mindful Meditation Wednesdays • 1PM-2PM United Families • 4:30PM-6PM 	<ul style="list-style-type: none"> Produce Pick-Up • 9:30AM-11:30AM Chair Yoga • 12PM-12:30PM Coffee & Chat • 4:30PM – 6PM 	<ul style="list-style-type: none"> Virtual Wellness • Virtual • 10AM - 11:30AM Adult Art Class • 12PM-1:30PM 	
22	24	25	26	27	28
<ul style="list-style-type: none"> Gender Affirming Support Group • Virtual • 11:30AM – 1PM Computer Basics • 12PM-1PM 	<ul style="list-style-type: none"> Men's Trauma Survivors Support Group • Virtual • 2PM – 3:30PM Help Me Grow Cafe • 3PM-4PM Coffee & Chat • 4:30PM-6PM 	<ul style="list-style-type: none"> The Garden @ HWWC • 9:30AM-10:30AM Crochet Class • 11AM-12PM Mindful Meditation Wednesdays • 1PM-2PM United Families • 4:30PM-6PM 	<ul style="list-style-type: none"> Chair Yoga • 12PM-12:30PM Coffee & Chat • 4:30PM – 6PM 	<ul style="list-style-type: none"> Adult Art Class • 12PM-1:30PM 	


March 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31				



César Chávez Day



 **Chair Yoga**
 • 12PM-12:30PM



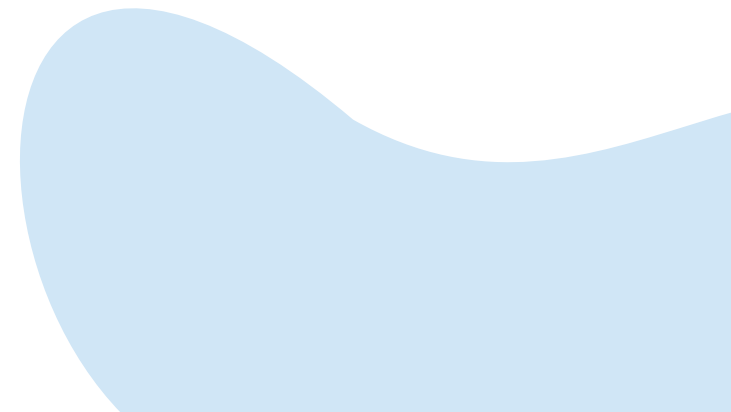
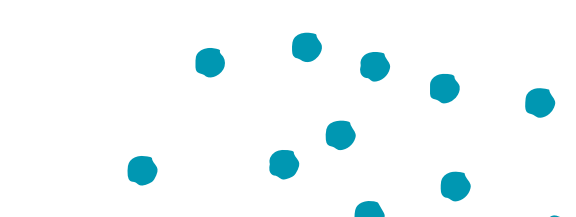
We provide FREE screenings and referrals to treatment.

For more information, contact:

Mental Health	Substance Use
(213) 266-3432	(213) 521-6114

Contact Us

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Fitness

Chair Yoga | Tuesdays & Thursdays 12PM-12:30PM

Our new chair yoga works exceptionally well for seniors, offering a safe, low-impact way to boost flexibility, strength, balance, and mental well-being by adapting traditional poses for seated or supported positions, reducing fall risks, easing joint pain, and improving overall mobility and circulation.



Nutrition

Produce Pick-Up | Thursday March 5th & March 19th | 9:30AM-11:30AM

Hollywood-Wilshire Wellness Community is hosting a **free** produce distribution of fruits & vegetables for pedestrians or drive-thru pick-up. No eligibility requirements and open to all! For more information and registration, visit our [Eventbrite page](#).



Art & Education

The Garden @ HWWC | Wednesdays 9:30AM-10:30AM

Come meet your neighbors and make friends while learning about gardening. It's sure to be a time. Join us Wednesday mornings at 9 am!

Adult Art Class | Fridays 12PM-1:30PM

Discover the joy of self-expression through art as we come together to create, share, and connect in a vibrant and welcoming environment.

Whether you are a seasoned artist or a beginner, this group is open to all skill levels.

Children's Art Class | March 14th 12PM-1:30PM

Our program welcomes artists of all ages, from young children to teens, encouraging them to explore the world of colors, shapes, and self-expression. Under the guidance of our staff, your little ones will embark on a colorful journey filled with laughter, fun, and artistic discovery.



Art & Education

Board Game Social Saturday | March 14th 1PM-3PM

Looking for a fun and relaxing way to spend your Saturday? Come to Board Game Social Saturdays at Hollywood-Wilshire Wellness-Community! Enjoy a variety of games for all ages, connect with fellow community members, and unwind in a friendly and welcoming space. All are welcome!

Mindful Meditation Wednesdays Wednesdays | 1PM-2PM

Join us every Wednesdays, from 1:00pm-2:00pm for a guided meditation session designed to promote relaxation, mindfulness, and emotional wellbeing. Take a midweek pause to reset, recharge, and cultivate inner peace in a supportive and calming environment. All are welcome!



Art & Education

Computer Basics | Mondays 12PM-1PM

Our friendly and knowledgeable team will guide you step by step, ensuring you can confidently access your medical portals, schedule medical care appointments, and even sign up for produce distribution services online.

Chair Yoga | Tuesdays & Thursdays 12PM-12:30PM

Our new chair yoga works exceptionally well for seniors, offering a safe, low-impact way to boost flexibility, strength, balance, and mental well-being by adapting traditional poses for seated or supported positions, reducing fall risks, easing joint pain, and improving overall mobility and circulation.



Art & Education

Crochet Class | Wednesdays | 11AM-12PM

Join us at the Hollywood-Wilshire Wellness Community for a fun and creative crochet class! This month it will be on every Wednesday from 1:00pm-2:00pm in Room 210. This class is perfect for all skill levels. Learn the basics of crochet, relax, and express your artistic skills. Knitting needles and yarn will be provided. Come unwind and craft with us!

Help Me Grow Café | March 24th | 3PM-4PM

A safe space to gather, support other parents, share stories and experiences, plus learn about important resources for child development or special healthcare needs. Light refreshments provided. Participate in the raffle to win a gift card! [Register here!](#)



Mental Health

Coffee & Chat | Every Tuesday & Thursday 4:30-6PM

Drop-in and join this support group to learn new strategies for living a more meaningful, connected, and productive life in a supportive community of peers. You can ask about mental wellbeing, share thoughts and experiences about the community, and get connected with resources. Join in person! No registration required!

Virtual Wellness | March 6th & March 20th 10AM-11:30AM | **Virtual**

Drop-in virtually and join this support group to learn new strategies for living a more meaningful, connected, and productive life in a supportive community of peers. You can ask about mental wellbeing, share thoughts and experiences about the community, and get connected with resources. [Click here to Join](#) **Join by phone: +1 323-776-6996**
(Dial-in Number) Conference ID: 172 721 287#



Mental Health

Coffee & Chat | Every Tuesday & Thursday 4:30-6PM

Drop-in and join this support group to learn new strategies for living a more meaningful, connected, and productive life in a supportive community of peers. You can ask about mental wellbeing, share thoughts and experiences about the community, and get connected with resources. Join in person! No registration required!

Support Groups

Join one of the support groups below to connect with folks and take care for your own physical and mental health. For any questions or to register, call and leave a message with your name & number on a secure and confidential voicemail to **Martin**

Rodarte, LCSW (He/Him/His) at 213-266-3432.

Offered **virtually**. *- offered in English & Spanish

- [Black Women's Support Group](#)
- [Coping Skills*](#)
- [Gender-Affirming Support Group](#)
- [Grief & Loss*](#)
- [Latino Men's Group*](#)
- [Men's Trauma Survivors Group*](#)



Hours of Operation

Monday	8:00am - 5:00pm
Tuesday	8:00am - 7:00pm
Wednesday & Thursday	8:00am - 6:00pm
Friday	8:00am - 4:30pm
Saturday	8:00am - 4:00pm (every 2nd Saturday of the month)

All events are in person unless specified below



Contact Us



Scan me

We provide FREE screenings and referrals to treatment.

For more information, contact:

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**Substance Use
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