

West LA Wellness Community

Calendar May 2025				
Monday	Tuesday	Wednesday	Thursday	Friday
April 28	April 29	April 30	May 1	May 2
3pm: No Limits, No Boundaries Zoom	10am: Free Food Market 1pm: Share Your Light			
May 5	May 6	May 7	May 8	May 9
3pm: No Limits, No Boundaries Zoom	10am: Free Food Market 1pm: Share Your Light			
May 12	May 13	May 14	May 15	May 16
9am: LAC DPH – Presents “Mental Health” Microsoft Teams 3pm: No Limits, No Boundaries Zoom	9am: LAC DPH – Presents “Social Media Safety” Microsoft Teams 10am: Free Food Market 1pm: Share Your Light			
May 19	May 20	May 21	May 22	May 23
3pm: No Limits, No Boundaries Zoom	10am: Free Food Market 1pm: Share Your Light			
May 26	May 27	May 28	May 29	May 30
3pm: No Limits, No Boundaries Zoom	10am: Free Food Market 1pm: Share Your Light			





About the West LA Wellness Community

The goal of the West LA Wellness Community is to offer community members a virtual place to connect, find resources, and participate in wellness activities.

The West LA Wellness Community aims to serve individuals and families with free services and linkage to resources designed to promote health, healing, and well-being. All activities are free and open to the community.

Activity Descriptions

CORE Substance Use Presentations: Substance Abuse Counselors provide educational presentations on a variety of topics. For questions or referrals, contact Luis Renteria (LRenteria@ph.lacounty.gov, 323-236-4155) or Steven Cagle (SCagle@ph.lacounty.gov, 323-233-6307)

Free Food Market at Simms Mann Health and Wellness Center: 2509 Pico Blvd, Santa Monica, CA 90405. Drive-through produce distribution through Venice Family Clinic. Open to the entire community. For more information and additional food distributions, **visit their website [here](#)**.

No Limits, No Boundaries with Project Return – An empowerment group for those seeking encouraging mental health support. This course is hybrid. The physical location will be at 12901 Venice Blvd. Los Angeles, CA. 90066 and the zoom link [here](#). Please contact [Moses Ramirez](#) for questions

Share Your Light! with Project Return – A peer support group for individuals to discuss on topics related to personal experiences in overcoming life challenges. Location: Alcott Center, 10559 Jefferson Blvd. Culver City, CA. 90230. Please contact [Moses Ramirez](#) for questions

Questions? Want to get involved? Email WestLAWellness@ph.lacounty.gov

Join our email distribution list to stay informed of updates: <https://forms.office.com/g/WWh62kbRyS>



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