

# West LA Wellness Community

Calendar June 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>June 3</b>	<b>June 4</b>	<b>June 5</b>	<b>June 6</b>	<b>June 7</b>
<b>3pm:</b> No Limits, No Boundaries <a href="#">Zoom</a>	<b>10am:</b> Free Food Market <b>1pm:</b> Share Your Light		<b>4pm:</b> Family Fun <a href="#">Zoom</a>	
<b>June 10</b>	<b>June 11</b>	<b>June 12</b>	<b>June 13</b>	<b>June 14</b>
<b>3pm:</b> No Limits, No Boundaries <a href="#">Zoom</a>	<b>10am:</b> Free Food Market <b>1pm:</b> Share Your Light		<b>4pm:</b> Family Fun <a href="#">Zoom</a>	
<b>June 17</b>	<b>June 18</b>	<b>June 19</b>	<b>June 20</b>	<b>June 21</b>
<b>3pm:</b> No Limits, No Boundaries <a href="#">Zoom</a>	<b>10am:</b> Free Food Market <b>1pm:</b> Share Your Light		<b>4pm:</b> Family Fun <a href="#">Zoom</a>	
<b>June 24</b>	<b>June 25</b>	<b>June 26</b>	<b>June 27</b>	<b>June 28</b>
<b>3pm:</b> No Limits, No Boundaries <a href="#">Zoom</a>	<b>10am:</b> Free Food Market <b>1pm:</b> Share Your Light <b>1pm:</b> DMH presentation on "Drug and Alcohol Prevention/Prevención de Alcohol y Drogas" (Spanish/Espanol only) on <a href="#">Teams</a>		<b>4pm:</b> Family Fun <a href="#">Zoom</a>	
<b>July 1</b>	<b>July 2</b>	<b>July 3</b>	<b>July 4</b>	<b>July 5</b>
<b>3pm:</b> No Limits, No Boundaries <a href="#">Zoom</a>	<b>10am:</b> Free Food Market <b>1pm:</b> Share Your Light		<b>4pm:</b> Family Fun <a href="#">Zoom</a>	





## 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](mailto:LRenteria@ph.lacounty.gov), 323-236-4155) or Steven Cagle ([SCagle@ph.lacounty.gov](mailto:SCagle@ph.lacounty.gov), 323-233-6307)

**DMH United Mental Health Promoters** will present “Drug and Alcohol Prevention/Prevención de Alcohol y Drogas” in Spanish on Tuesday, on June 25<sup>th</sup> at 1:00 pm. Register [here](#).

**Family Fun Zoom** with Westside Infant-Family Network. Families with children 0-5 years are welcome to participate in activities like story time, crafts, and movement. Register [here](#).

**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](#).

**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](mailto:WestLAWellness@ph.lacounty.gov)

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