



**Los Angeles County  
Department of Mental Health  
is hosting “Take Action” events near you!**

**Come and enjoy:**

- Free food, music & giveaways
- Free community resources
- Meditation, yoga & other wellness activities

**Wednesday, May 14, 2025, 11 am - 3 pm**

**Service Area 8  
Los Angeles Harbor College  
1111 Figueroa Place, Wilmington**

**IN PARTNERSHIP WITH:**



WELLNESS • RECOVERY • RESILIENCE

**For ADA inquiries, please contact:  
takeactionevents@calmhsa.org**

**Check out all events at [www.takeactionla.com](http://www.takeactionla.com)**