

# Sylmar Wellness Programs

Join our FREE classes!

## 2025 SCHEDULE



**DATE:**

JUNE 9

**SCHEDULE:**

**10:30 AM - 12:00 PM**

COMMUNITY RESOURCE TABLE

**11:00 AM - 12:00 PM**

DEPT. OF MENTAL HEALTH - KNOW  
THE SCAMS PRESENTATION



**EL CARISO REGIONAL PARK**

13100 HUBBARD ST.

SYLMAR, CA 91342



**MONDAY**

10:30 AM - 12:00 PM



Join us at El Cariso Regional Park for our Wellness Programming!

Enjoy a “Know the Scams: Don’t Be a Victim” presentation given by the Department of Mental Health, followed by a Community Resource Table highlighting workshops across San Fernando and Santa Clarita Valleys. Plus, grab some great incentives! Don’t miss out on this opportunity to learn and connect with our local resources.

## WALK-INS WELCOME!

REGISTER IN ADVANCE  
BY SCANNING THE  
QR CODE



**CONTACT US**



**(818) 904-8953**

**SPA2@ph.lacounty.gov**

<http://publichealth.lacounty.gov/chs/SPA2>



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
[hope.recovery.wellbeing](http://hope.recovery.wellbeing)



SAN FERNANDO VALLEY  
WELLNESS  
COMMUNITY  
LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH  
Fostering Hope - Healing - Purpose



COUNTY OF LOS ANGELES  
**Public Health**

# La Crescenta Wellness Programs

Join our FREE classes!

## 2025 SCHEDULE



**DATE:**

JUNE 10

**SCHEDULE:**

**10:00 AM - 10:30 AM**

MINDFULNESS PRESENTATION

**10:30 AM - 11:30 AM**

STRENGTH TRAINING WORKSHOP

**10:00 AM - 12:00 PM**

COMMUNITY RESOURCE TABLE



**CRESCENTA VALLEY PARK**

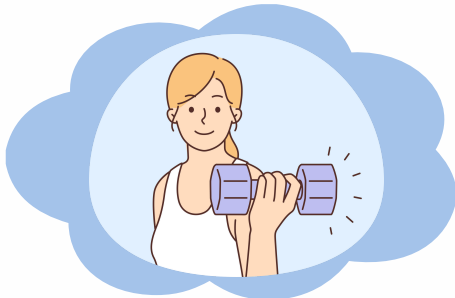
3901 DUNSMORE AVE

LA CRESCENTA, CA 91214



**TUESDAY**

10:00 AM - 12:00 PM



Join us at La Crescenta Regional Park for our Wellness Programming! Enjoy a "Mindfulness" presentation, followed by a "Strength Training" workshop and a Community Resource Table highlighting workshops across San Fernando and Santa Clarita Valleys. Plus, grab some great incentives! Don't miss out on this opportunity to learn and connect with our local resources.

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# Castaic Wellness Programs

Join our FREE classes!

## 2025 SCHEDULE



**DATE:**

JUNE 12

**SCHEDULE:**

**10:00 AM - 12:00 PM**

COMMUNITY RESOURCE TABLE

**11:00 AM - 12:00 AM**

DEPT. OF MENTAL HEALTH - KNOW  
THE SCAMS PRESENTATION



**CASTAIC SPORTS COMPLEX**

31230 CASTAIC RD

CASTAIC, CA 91384



**THURSDAY**

10:00 AM - 12:00 PM



Join us at the Castaic Sports Complex for our Wellness Programming! Enjoy a “Know the Scams: Don’t Be a Victim” presentation given by the Department of Mental Health, followed by a Community Resource Table highlighting workshops across San Fernando and Santa Clarita Valleys. Plus, grab some great incentives! Don’t miss out on this opportunity to learn and connect with our local resources.

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