



LOS ANGELES COUNTY  
**DEPARTMENT OF  
MENTAL HEALTH**  
hope. recovery. wellbeing.



We are maintaining social distancing not emotional ...  
Connect! Learn! Be Informed! Create your support network! Be resilient!

**Torrance - South Bay YMCA and United Mental Health Promoters  
invite you to participate in the following  
*in-person* presentations  
to learn self-care techniques!**

**11/01/22 – Mental Health & Stigma**

**11/08/22 – Symptoms and Treatments of Depression**

**11/15/22 – Anxiety Disorders**



**When: Tuesdays**

**Time: 6:00 p.m. - 7:00 p.m.**

**Facilitator: Mercy Aguirre**

**Location:**

**Torrance - South Bay YMCA**

**Room: Loos Popp**

**To coordinate a presentation please contact:**

Crystal Clark

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SA8 United Mental Health Promoters  
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or

Mercy Aguirre

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