

Grupos de apoyo gratuitos



Si tienes una enfermedad grave o estás pasando por un cambio de vida estresante, no tienes que afrontarlo solo. Un grupo de apoyo puede ayudarte. Descubre cómo elegir el grupo adecuado.



MAYORES
18+

Dolor y Pérdida

Dolor y pérdida

Jueves | 1:00pm-2:30pm

Sesiones en persona o virtual

Aprenda estrategias para cuidar tu salud física y mental mientras esta en luto sobre la pérdida de un ser querido



MAYORES
18+

HOMBRES UNIDOS

Hombres Unidos

Miércoles | 11:30am - 1pm

Sesiones en persona o virtual

Explore la identidad cultural, el crecimiento individual y la construcción comunitaria relacionados con la comunidad Latino



MAYORES
18+

VIDA DESDE COVID

Vida desde COVID

Lunes | 4:30pm-6:00pm

Sesiones en persona o virtual

Mejorar tu bienestar durante estos tiempos difíciles de la pandemia



MAYORES
18+

GRUPO DE HOMBRES SOBREVIVIENTES DE TRAUMA

Grupo de hombres sobrevivientes de trauma

Miércoles | 4:30pm - 6pm

Sesiones en persona o virtual

Aprenda pasos útiles para desarrollar las cualidades de una vida más saludable y resistente



MAYORES
18+

HABILIDADES DE AFRONTAMIENTO

Habilidades de afrontamiento

Martes | 9:30am-11am

Sesiones en persona o virtual

Reconocer los señales de estrés tóxico y aprender nuevas formas de realizar cambios saludables

Para preguntas o para registrarse, llame y deje un mensaje con su nombre y número en un correo de voz seguro y confidencial para:

Háblame

Martin Rodarte, LCSW

Él / Él / Su

213-266-3432



hollywoodwilshirewc@ph.lacounty.gov | (213) 521-6112 | [BIT.LY/HOLLYWOODWILSHIREWC](https://bit.ly/hollywoodwilshirewc)

Free Support Groups



Join one of the support groups below to connect with folks and take care of your own physical and mental health.



Grief & Loss

AGES
18+

Grief & Loss

Weds | 2:00pm-3:30pm

IN-PERSON & VIRTUAL SESSIONS

Learn strategies to care for your own physical and mental health while mourning the loss of a loved one



COPING SKILLS

AGES
18+

Coping Skills

Mondays | 9:30am-11am

IN-PERSON & VIRTUAL SESSIONS

Recognize signs of toxic stress and learn new ways to make healthy changes



SOCIAL SKILLS GROUP

AGES
18+

Social Skills Group

Weds | 9:30pm - 11am

IN-PERSON SESSION

Develop better interpersonal relationship skills and assist with developing independent living skills



LIFE SINCE COVID

AGES
18+

Life Since COVID

Mondays | 2pm - 3:30pm

IN-PERSON & VIRTUAL SESSIONS

Improve well-being and socialization during these challenging times of the pandemic



MEN'S TRAUMA SURVIVORS GROUP

AGES
18+

Men's Trauma Survivors Group

Tues | 4:30pm - 6:00pm

IN-PERSON & VIRTUAL SESSIONS

Learn helpful steps toward developing qualities of a healthier & resilient man



LATINO/LATINX MEN'S GROUP

AGES
18+

Latino Men's Group

Weds | 11:30am - 1pm

IN-PERSON & VIRTUAL SESSIONS

Explore cultural identity, individual growth, and community building related to the Latinx community

For any questions or to register, call and leave a message with your name & number on a secure and confidential voicemail to:

TALK TO
ME

Martin Rodarte, LCSW
He/Him/His
213-266-3432



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BLACK WOMEN'S SUPPORT GROUP



Black Women's Support Group Tuesdays | 11:30am - 1:00pm

IN-PERSON & VIRTUAL SESSIONS AVAILABLE

Racism and racial trauma continues to affect the emotional and mental wellbeing of Black women who already face so many obstacles when it comes to receiving mental health treatment. The Black Women's Support Group helps Black women feel supported and understood in the shared experience of being a Black woman.

Gender Affirming Support Group Mondays | 11:30am - 1:00pm

IN-PERSON & VIRTUAL SESSIONS AVAILABLE

This support group offers a brave space for trans folx to connect. This group is for all gender diverse adults who would benefit from mutual support around navigating discrimination and hostility, uplifting each other, and building a meaningful life.



GENDER AFFIRMING GROUP



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TALK TO
ME

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