

MLK Jr. Community Healing and Trauma Prevention Center
Free Workshop Schedule

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AZTEC DANCE <i>Healing through dance</i> Every Monday 6:00PM - 8:00PM <i>*In-person, CER Room</i></p>	<p>MINDFUL MEDITATION Every Tuesday 1:00PM - 1:20PM <i>*In-person, Healing Room</i></p> <p>CORE WORKSHOPS <i>Prevention and substance abuse workshop</i> May 14th <u>Recognizing and Responding to an Overdose with Naloxone</u> 1:00PM <i>*Virtual/English/Click link</i> <i>*For more information call 323-568-8188</i></p>	<p>NEW CHALLENGES <i>Mental health support group with licensed clinicians</i> Every Wednesday 2:30PM - 4:00PM <i>*In-person, Healing Room</i></p> <p>LOSS AND GRIEF SUPPORT <i>Support group for those who have lost a loved one</i> Every Wednesday 4:30PM - 6:30PM <i>*In-person, Healing Room</i></p> <p>PAINT & SIP <i>Canvas painting</i> May 8th 4:30PM - 7:00PM <i>*In-person, CER Room</i></p> <p>CORE WORKSHOPS <i>Prevention and substance abuse workshop</i> May 8th <u>Substance Use in Your Community</u> 1:00PM <i>*Virtual/English/Click link</i> <i>*For more information call 323-568-8188</i></p> <p>HEALING HORIZONS <i>Hosted by On my Grind Reentry Services Inc. Trauma informed workshops for residents of Willowbrook</i> May 15th 5:30PM - 7:30PM <i>*In-person, CER Room</i></p>	<p>AZTEC DANCE <i>Healing through dance</i> Every Thursday 6:00PM - 8:00PM <i>*In-person, CER Room</i></p> <p>TASTY THURSDAY <i>FREE produce giveaway</i> May 2nd & 16th (1st and 3rd Thursday) 12:00PM until supplies last. <i>*In-person, CER Room</i></p> <p>CORE WORKSHOPS <i>Prevention and substance abuse workshop</i> May 16th <u>Understanding the Connection between SUD and Mental Health</u> 1:00PM <i>*Virtual/English/Click link</i> <i>*For more information call 323-568-8188</i></p>	<p>360 Degrees of Wellness <i>Mental health workshops for women and mothers.</i> May 10th 1:00PM- 2:30PM <i>*In-person, CER Room</i></p>	<p>Community Health and Wellness Resource Fair and Blood Drive <i>Free health screenings, information and resources.</i> <i>Red Cross Blood Drive</i> May 11th 8:00AM- 2:00PM <i>*In-person, CER Room</i></p>

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Horario de Talleres Gratuitos

Mayo 2024

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
<p>DANZA AZTECA <i>Sanacion a traves de la danza</i> Cada Lunes 6:00PM - 8:00PM <i>En persona, Sala CER</i></p>	<p>MEDITACIÓN CONSCIENTE Cada Martes 1:00PM - 1:20PM <i>En persona, Sala de curación</i></p> <p>CORE TALLERES <i>Talleres de prevención y abuso de sustancias</i> 7 de Mayo <u>Reconocer y Responder a Una Sobredosis con Naloxona</u> 1:00PM <i>Virtual/Espanol</i> *Para mas informacion llame</p>	<p>NUEVOS DESAFIOS <i>Grupo de apoyo de salud mental con médicos licenciados</i> Cada Miercoles 2:30PM - 4:00PM <i>En persona, Sala de curación</i></p> <p>LA PERDIDA Y EL DOLOR <i>Grupo de apoyo para aquellos que han perdido a un ser querido</i> Cada Miercoles 4:30PM - 6:30PM <i>En persona, Sala de curación</i></p> <p>PINTAR Y BEBER <i>Clase de pintar</i> 8 de Mayo 4:30PM - 7:00PM <i>En persona, Sala CER</i></p> <p>HORIZONTES CURATIVOS <i>Talleres de trauma para residentes de Willowbrook</i> 15 de Mayo 5:30PM - 7:30PM <i>En persona, Sala CER</i></p>	<p>DANZA AZTECA <i>Sanacion a traves de danza</i> Cada Jueves 6:00PM - 8:00PM <i>En persona, Sala CER</i></p> <p>JUEVES SABROSO <i>Surtido de producto gratis</i> 2 y 16 de Mayo <i>(El primer y tercer jueves)</i> 12:00PM Hasta agotar existencias <i>En persona, Sala CER</i></p> <p>CORE TALLERES <i>Talleres de prevención y abuso de sustancias</i> 1:00PM 2 de Mayo <u>Consumo de Sustancias en tu Comunidad</u> 9 de Mayo <u>Comprender la Conexion Entre el Trastorno Por Consumo de Drogas y la Salud Mental</u> <i>Virtual/Espanol</i> *Para mas informacion llame 323-568-8188</p>	<p>360 Grados de Bienestar <i>Taller de Salud Mental para mujeres y madres.</i> 10 de Mayo 1:00PM - 2:30PM <i>En persona, Sala CER</i></p>	<p>Salud y Bienestar de la Comunidad, Recursos y Campaña de Donacion de Sangre <i>Exámenes de salud gratuitos, informacion y recursos</i> <i>En persona, Sala CER</i> 11 de Mayo 8:00AM- 2:00PM</p>