

Wellness classes

Caring for Your Mental Health



No-cost virtual program. You are invited to join our next health education class on mental health awareness titled **"Caring for Your Mental Health"**. This class will be offered by telephone and will go over the many factors that can affect our mental health status and wellbeing. We will discuss the resources and tools available to help us cope with loss, manage stress, and build a healthy support system and resilience.

To register, call:

(562) 580-6094, 8:30 a.m. – 5 p.m.,
Monday - Friday

For more information, call Customer Care:

L.A. County Medi-Cal members
(800) 605-2556 (TTY: 711), 8 a.m. – 6 p.m.,
Monday – Friday

San Diego County Medi-Cal members

(855) 699-5557 (TTY: 711), 8 a.m. - 6 p.m.,
Monday – Friday

Join us:

Monday, May 20, 2024 at 2:00 p.m.

To connect by phone (audio only, no computer):

- 1. Call 323-433-2078**
- 2. Enter phone conference ID 609 266 724 and press the pound sign (#)**

If you would like to receive a link to join the classes through Microsoft Teams on your computer or phone, please call 562-715-4485.