



## ▶▶ Service Area 3 Mental Health 101 at Octavia's Bookshelf

**Tuesdays**

**12:00 – 1:30 PM**

**May 6, 13, 20, 27**

**Thursdays**

**5:30 – 7:00 PM**

**May 1, 8, 15, 22**

### **Octavia's Bookshelf**

1353 N. Hill Ave., Pasadena, CA 91104

Join us for **Mental Health 101: Caring for Yourself and Others After a Disaster**. A free presentation to community members will cover how to manage psychologically after a disaster. It includes mindfulness exercises, didactics, and discussion. Open to all on a first-come, first-served basis. ASL interpretation will be available.

For more information, contact Dr. Michelle Majors at 626-430-2930.



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