

Martin Luther King Jr.
Community Healing and Trauma Prevention Center
Schedule of FREE workshops

October 2022

MONDAYS

AZTEC DANCE

Healing through dance

Every Monday and
Thursday

5:00 PM - 8:00 PM

**In-person*

TUESDAYS

MINDFUL MEDITATION & MOVEMENT

Every Tuesday

12:00 PM - 12:20 PM

**In-person, Healing Room*

HARM REDUCTION STRATEGIES & SYRINGE EXCHANGE PROGRAM

October 11th

3:00 PM

**Link in attached flyer*

NALOXONE

October 18th

3:00 PM

**Link in attached flyer*

SMOKING CESSATION

Every Tuesday and Friday

3:00 PM – 4:30 PM

*Call 424-296-3839 to register.
Registration recommended, but
walk-ins are welcomed*

**In person*

WEDNESDAYS

NEW CHALLENGES

*FREE In-person support group
led by licensed mental health
clinicians. Covers topics such
as trauma, depression,
anxiety and resiliency.*

Every Wednesday

2:30 PM - 4:00 PM

**English & Spanish/
In person*

BLACK DADDY DIALOGUES

Every second Wednesday

6:30 PM – 8:00 PM

Link:

<https://us02web.zoom.us/j/76034735732>

PAINT & SIP

**This class occurs once a month,
on the 2nd Wednesday*

October 12th

4:30 PM – 7:00 PM

(323) 568-8761

**In person*

THURSDAYS

TASTY THURSDAYS

Assortment of FREE produce

**This event occurs once a month,
on the 3rd Thursdays*

October 19th

12:30 PM until supplies last

**In-person*

AZTEC DANCE

Healing through dance

Every Monday and Thursday

6:00 PM - 8:00 PM

**In-person*

HOW TO TALK TO YOUR LOVED ONES ABOUT SUD

October 20th

3:00 PM

**Link in attached flyer*

FRIDAYS

SMOKING CESSATION SUPPORT GROUP

Every Tuesday and Friday

3:00 PM – 4:30 PM

*Call 424-296-3839 to register.
Registration recommended, but
walk-ins are welcomed*

**In person*

RECOGNIZING AND RESPONDING TO AN OVERDOSE WITH NALOXONE

October 14th

5:00 PM

**Link in attached flyer*

VAPING & YOU - WHAT YOU NEED TO KNOW

October 28th

5:00 PM

**Link in attached flyer*

SATURDAYS

COMMUNITY CONNECTOR

*A resource fair to connect
surrounding communities with
mental health, telehealth, and
trauma healing resources*

October 22nd

11:00 AM to 4:00 PM

**In-person*

Address: 11833 S. Wilmington Ave., Los Angeles 90059
Phone: (323) 568-8732

Email: MLKHealingCenter@ph.lacounty.gov

Centro Comunitario De Sanación Y Prevención De Trauma MLK

Calendario de talleres comunitarios virtuales GRATUITOS

Octubre 2022

LUNES

DANZA AZTECA

Sanación a través de la danza

Cada Lunes y Jueves
De 5:00 PM - 8:00 PM

***En persona**

MARTES

MEDITACIÓN CONSCIENTE Y MOVIMIENTO

Cada Martes
De 12:00 PM - 12:20 PM

***En-persona, En la sala de curación**

ESTRATEGIAS DE REDUCCIÓN DE DAÑOS Y PROGRAMAS DE INTERCAMBIO DE JERINGAS

11 de Octubre
A las 3:00 PM

***Enlace en folleto adjunto**

NALOXANA

18 de Octubre
A las 3:00 PM

***Enlace en folleto adjunto**

GRUPO DE APOYO PARA DEJAR DE FUMAR

Todos los Martes y Viernes
De 3:00 PM – 4:30 PM

Llame al 424-296-3839 para registrarse. Se recomienda registrarse, pero se aceptan visitas sin cita previa

***En persona**

MIÉRCOLES

NUEVOS DESAFIOS

Grupo de apoyo en persona, dirigido por medicos de salud mental autorizados. Cubre temas como el trauma, la depresión, la ansiedad, y la resiliencia.

Cada Miércoles
De 2:30 PM - 4:00 PM

***Ingles/ Español**
En persona

DÍALOGOS DEL PAÑA AFROAMERICANO

Cada Segundo Miércoles
De 6:30 PM – 8:00 PM

Link:
<https://us02web.zoom.us/j/76034735732>

PINTAR Y BEBER

**Esta clase ocurre una vez al mes, el segundo miércoles*

12 de Octubre
De 4:30 PM – 7:00 PM

(323) 568-8761
***En persona**

JUEVES

JUEVES SABROSO

Surtido de productos GRATIS
**Este evento ocurre una vez al mes, el tercer jueves*

19 de Octubre
De 12:30 PM hasta agotar existencias
***En persona**

DANZA AZTECA

Sanación a través de la danza
Cada Lunes y Jueves
De 6:00 PM - 8:00 PM

***En persona**

CÓMO HABLAR CON TUS SERES QUERIDOS SOBRE EL TRASTORNO POR ABUSO DE SUSTANCIAS

20 de Octubre
A las 3:00 PM

*** Enlace en folleto adjunto**

VIERNES

GRUPO DE APOYO PARA DEJAR DE FUMAR

Todos los Martes y Viernes
De 3:00 PM – 4:30 PM

Llame al 424-296-3839 para registrarse. Se recomienda registrarse, pero se aceptan visitas sin cita previa

***En persona**

RECONOCER Y RESPONDER A UNA SOBREDOSIS DE NALOXONA

14 de Octubre
A las 5:00 PM

*** Enlace en folleto adjunto**

VAPEAR Y TÚ - LO QUE NECESITAS SABER

28 de Octubre
A las 5:00PM

*** Enlace en folleto adjunto**

SÁBADO

CONECTOR COMUNITARIO

Una feria de recursos para conectar a las comunidades circundantes con recursos de salud mental, telesalud y curación de traumas.

22 de Octubre
De 11:00 AM – 4:00 PM

***En Persona**



Martin Luther King JR. Center for
Public Health

**Wellness
Community**



LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH

Fostering Hope - Healing - Purpose

October Presentations for Adults Ages 18 +

**Just Click to
Attend each meeting !**

October 11th at 3:00pm
**Harm Reduction
Strategies & Syringe
Exchange Program**

October 13th at 3:00pm
**Health Consequences of
SUD**

October 18th at 3:00pm
Naloxone

October 20th at 3:00pm
**How to talk to your loved
ones about SUD**

October



**These Presentations
are for Adults Only.
We do However, offer
presentations for
Youth and Teenagers,
Ages 12-17 years Old.
Any questions,
Contact:**

**Luis A. Renteria, SUDCC No. 9377
Los Angeles County Department of
Public Health-SAPC
MLK CORE Center
11833 Wilmington Ave.
Los Angeles, CA 90059
Office: (323) 568-8188
Email: lrenteria@ph.lacounty.gov**

COREcenter

Connecting to Opportunities for Recovery and Engagement



Martin Luther King JR. Center for
Public Health

**Wellness
Community**



LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH

Fostering Hope - Healing - Purpose

October Presentations for Youth Ages 12-17

**Just Click to
Attend each meeting !**

October 14th at 5:00pm

**Recognizing and
Responding to an
Overdose with Naloxone**



October 28th at 5:00pm

**Vaping & You-What You
Need to Know**



October



**These Presentations
are for Adolescent
Youth, ages 12-17
years Old. We do
However, offer
presentations for
Adults, Ages 18 +. Any
questions, Contact:**

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