

Upcoming Events

Date	Title	Address	Description
5/2/2025 12:00 PM - 1:30 PM	Healing and Nurturing Together: AANHPI Parenthood, Lactation & Mental Wellbeing	Online	Pregnancy, postpartum, and lactation bring unique challenges that impact mental health, from navigating work transitions and family expectations to breastfeeding in public and during emergencies. Designed for both healthcare providers and community members, this webinar focuses on the experiences of the AANHPI community, offering practical strategies to support mental wellbeing while addressing real-life situations, including returning to work, managing family dynamics, and ensuring infant feeding during disasters. Join experts for a culturally responsive discussion on fostering resilience, advocating for supportive environments, and prioritizing mental health throughout the parenting journey.
5/2/2025 7:00 PM - 9:00 PM	Express Yourself: An Evening of Storytelling & Connection	630 West Fifth St. Los Angeles, Los Angeles, CA 90071	Some stories make you laugh. Some make you cry. And some do both at the same time. That's exactly what Express Yourself: An Evening of Storytelling & Connection is all about. On Friday, May 2, Maternal Mental Health NOW is bringing new parenthood stories - the good, the bad and the ugly - to light at The Taper Auditorium at the Central Library in Downtown LA to reduce stigma associated with perinatal mood and anxiety disorders - the #1 complication of childbirth! Storytellers are individuals who have experienced depression, anxiety, grief, trauma, loss or other hardship in their journey to parenthood and have found healing in the act of sharing their stories with others. Get ready to laugh, cry and be inspired to share your own story!
5/3/2025 6:00 AM - 4:00 PM	Strength in Culture and Connection	130 Cherry Ave. Long Beach, Long Beach, CA 90802	Join us for "Strength in Culture and Connection," a vibrant community event that unites culture, mental wellness, and empowerment. Experience transformative workshops on stress management, generational healing, and mindfulness—all delivered in a culturally resonant, bilingual format. Enjoy interactive storytelling, community art projects, and traditional activities that celebrate Latinx heritage while breaking down mental health stigma. Connect with peers, share your journey, and discover practical tools to navigate life's challenges. This is an opportunity to build resilience, foster hope, and create a supportive space where mental wellness is celebrated as a strength. We invite you to be part of this inspiring, inclusive celebration.
5/3/2025 10:00 AM - 3:00 PM	Wellness Day for Muslimahs	2104 Orange Ave. Long Beach, Long Beach, CA 90806	Amidst rising challenges, Wellness Day for Muslimahs—hosted by Lumos Transforms and Masjid Al-Shareef—offers a space to breathe and reconnect. This year's theme, "We Are Each Other's Refuge," centers on how we cultivate spaces of mercy, strength, and collective healing. A joy-centered, sisterhood-focused gathering, the day includes a keynote speaker and workshops to address mental health in life stages—menstruation, pregnancy, and menopause. There will also be movement breaks, information tables hosted by organizations serving the Muslim community, free food, and child-friendly zones with a bounce house and story time. Muslim prayer times will be honored.
5/3/2025 11:00 AM - 1:00 PM	Conscious Culture Mental Health Awareness Workshop	Online	This Conscious Culture Mental Health Awareness Workshop will provide dialogue on the significance of mental health awareness and destigmatization. We will provide information about changing perspectives of mental health disorders, social determinants of health, the impact of trauma, and tips and resources for managing mental health. Together we will engage in a brief Conscious Breath exercise that can help alleviate stress. We will conclude with an invitation for you to Take Action for Mental Health by joining our Sage Bundle Mental Health Awareness Promotion and our in-person Conscious Culture Mental Health Festival, May 18 in Pico Rivera.
5/3/2025 1:00 PM - 6:00 PM	On The Road Adventures – Escape the	173 Village Ct. #105 San Dimas, San Dimas, CA 91773	Parents, are you looking for an exciting way to get your teen engaged, active, and connecting with others? On The Road Adventures – The Great Escape is the perfect opportunity! If your teen is 12-17 years old, they'll step away from screens and dive into an unforgettable real-life adventure. We're heading to an Escape Room, where they'll

Date	Title	Address	Description
	Ordinary!		work with a team to uncover clues, solve puzzles, and experience the thrill of making their great escape—no pressure, just fun! Beyond the excitement, Escape Rooms offer surprising mental health benefits. They enhance problem-solving skills, boost confidence, reduce stress, and help build meaningful connections with peers. Plus, the rush of success triggers dopamine release, improving mood and overall well-being. Even if they're new to this, everyone plays a part! Enjoy a full day of adventure with lunch, snacks, prizes, and transportation included—making this an experience your teen won't want to miss!
5/3/2025 3:00 PM - 9:00 PM	3rd Annual Celebration of Wellness Fair	1009 Via Sorella Diamond Bar, Diamond Bar, CA 91789	Join us for Khalil Center's 3rd Annual Celebration of Wellness Fair! We have a full program that includes numerous talks by well-known religious leaders and Muslim mental health experts, relaxing wellness activities and free food from your favorite vendors! We are excited to partner with the Institute of Knowledge (IOK) in Diamond Bar who will be hosting this year's event!
5/3/2025 7:30 PM - 9:00 PM	LAFc vs Houston - Mental Health Awareness Month (half-time spotlight)	3939 S. Figueroa St. Los Angeles, Los Angeles, CA 90037	Join us for an inspiring game dedicated to Mental Health Awareness with LAFc. This special event aims to break the stigma surrounding mental health challenges. We're shedding light on the crucial intersection of mental wellbeing and sports. For each regular season home game that is played during the month of May, LAFc will feature the Los Angeles County Department of Mental Health and the Take Action LA campaign. NOTE: This event requires payment for attendance. Tickets are required: https://www.lafc.com/tickets/
5/4/2025 10:00 AM - 3:00 PM	Maternal and Family Wellness Event - Day 1	8421 San Luis Potosi Pico Rivera, Pico Rivera, CA 90660	Women, Indigenous individuals, Chican@s, Latinx communities, first-generation families, and multi-generational families are invited to Rio Hondo Park in the Pico Rivera community for a day filled with activities. Enjoy sharing circles, engaging activities for children from birth to six years old, grounding workshops (including yoga and breathwork), discussions on mental health and wellness, and valuable advice from grandparents.
5/4/2025 11:00 AM - 2:30 PM	AAIMM For Maternal Mental Health: Soul Food Brunch	8773 E Avenue R Sun Village, Sun Village, CA 93543	The AAIMM Aims for Maternal Mental Health Wellness event aims to reduce stress and allostatic load through holistic care practices for women, caregivers, and their families. The program will feature a variety of healing arts sessions, including exercises that focus on deep breathing, a healthy cooking class that explores the impact of food on mental health, art activities that promote psychosocial coping skills, free essential baby item giveaways that support family wellness, and family wellness activities focused on self-care.
5/4/2025 12:00 PM - 3:30 PM	Care Rituals for Spring Recovery for Healing Arts Practitioners	2701 N Broadway Los Angeles, Los Angeles, CA 90031	This event provides no-cost healing arts and movement services for healing arts practitioners who identify as women, gender-expansive and 2SLGBTQIA+ individuals from Black, Indigenous and communities of color. The event centers healing arts practitioners in the community and tends to their collective care.
5/4/2025 2:00 PM - 4:00 PM	Shifting Perspectives: Overcoming Mental Health Hesitation	Online	What holds us back from seeking the mental health support we need? MiOra's Community Health Specialists invite you to explore how internal conflicts and societal stigma impact help-seeking behaviors. Join us to learn about mental health, engage in meaningful discussions, and access valuable mental health resources. This event is virtual, so you may engage from anywhere and participate as much or as little as you would like. Let's challenge the barriers, shift perspectives, and take steps toward wellbeing together!

Date	Title	Address	Description
	Virtual		
5/4/2025 2:00 PM - 3:30 PM	Taking Charge: The Role of Taking Action in Mental Well-Being (Virtual)	Online	Join us via Zoom for a powerful virtual event featuring two essential topics: Psychological Guide Towards Gender-Affirming Activities and Nurture Hope - Self Compassion. The first session will provide strategies for affirming gender identity and fostering self-acceptance, while the second focuses on cultivating hope and self-compassion to build emotional resilience. Together, these sessions offer practical tools to empower individuals to embrace their authentic selves with confidence, strength, and kindness. Perfect for those seeking support or wishing to help others on their journey.
5/4/2025 7:00 PM - 10:00 PM	More In Music: Sound Mind Summit	9346-9368 E University Dr. Northridge, Northridge, CA 91325	Join us for the More In Music: Sound Mind Summit, a free event focused on wellness and mental health at the intersection of music. The event will feature a concert, fireside chat, and wellness fair with local organizations and vendors. This event will create a supportive space for open discussions on mental wellbeing while connecting students and the community with valuable resources. Don't miss this inspiring night of music, wellness, and connection!
5/5/2025 10:00 AM - 12:00 PM	Shifting Perspectives: Overcoming Mental Health Hesitation Day 1	1250 Bellflower Blvd. Long Beach, Long Beach, CA 90840	What holds us back from seeking the mental health support we need? MiOra's Community Health Specialists invite you to explore how internal conflicts and societal stigma impact help-seeking behaviors. Join us to learn about mental health, engage in meaningful discussions, and access valuable mental health resources. Let's challenge the barriers, shift perspectives, and take steps toward wellbeing together!
5/5/2025 11:00 AM - 3:00 PM	Service Area 6 May Mental Health Awareness Event at LA Southwest College	1600 W Imperial Hwy. Los Angeles, Los Angeles, CA 90047	Join us for a community event focused on mental health, offering resources and wellness activities. Come & enjoy: * Free food, music and giveaways * Free community resources * Meditation, yoga and other wellness activities
5/6/2025 10:00 AM - 12:00 PM	Shifting Perspectives: Overcoming Mental Health Hesitation Day 2	1250 Bellflower Blvd. Long Beach, Long Beach, CA 90840	What holds us back from seeking the mental health support we need? MiOra's Community Health Specialists invite you to explore how internal conflicts and societal stigma impact help-seeking behaviors. Join us to learn about mental health, engage in meaningful discussions, and access valuable mental health resources. Let's challenge the barriers, shift perspectives, and take steps toward wellbeing together!
5/7/2025 10:00 AM - 12:00 PM	Storytelling Theater for Healing	18623 Gale Ave. City of Industry, City of Industry, CA 91748	Storytelling Theater for Healing presents "27." This interactive theatrical performance/workshop explores the intricate relationship between immigration and mental health, highlighting how the immigration and acculturation process impacts not only the mental wellbeing of immigrants but also that of their friends, family, and colleagues. Through its narrative, the play delves into the emotional and psychological challenges faced by individuals navigating new cultural environments and the ripple effects on their social circles.

Date	Title	Address	Description
5/7/2025 11:00 AM - 3:00 PM	Service Area 1 May Mental Health Awareness Event at Antelope Valley College	3041 West Avenue K Lancaster, Lancaster, CA 93536	Join us for a community event focused on mental health, offering resources and wellness activities. Come & enjoy: * Free food, music and giveaways * Free community resources * Meditation, yoga and other wellness activities
5/7/2025 3:00 PM - 6:00 PM	On The Road Again - Laughter is the Best Medicine!	24 North Mentor Ave. Pasadena, Pasadena, CA 91106	It's time to hit the road and break free from the ordinary! On The Road Again – Laughter is the Best Medicine brings older adults together for laughter, connection, and good times. Join us for a private comedy show at The Ice House, where laughter isn't just entertainment—it's also medicine for the mind. Studies show that laughter reduces stress, boosts mood, and enhances wellbeing by releasing endorphins, the body's natural feel-good chemicals. It also helps combat social isolation by fostering meaningful connections and shared joy. The day will be filled with humor, delicious food, and exciting prizes—plus, transportation is included! Feeling isolated? Not today! Join us, make new memories, share some laughs, and experience the mental health benefits of laughter in great company.
5/8/2025 10:00 AM - 1:00 PM	Service Area 5 May Mental Health Awareness Event at Santa Monica College	1900 Pico Blvd. Santa Monica, Santa Monica, CA 90405	Join us for a community event focused on mental health, offering resources and wellness activities. Come & enjoy: * Free food, music and giveaways * Free community resources * Meditation, yoga and other wellness activities
5/8/2025 1:00 PM - 5:00 PM	You Belong: Friends of Gardner Mental Health Fair	7450 Hawthorn Ave. Los Angeles, Los Angeles, CA 90046	You Belong is a simultaneous mental health/social services resource fair and kid-appropriate interactive wellness event. Adults will receive information and take part in language-specific topics around stress, grief/loss, parenting, and secondary trauma. Kids will participate in play-therapy workshops in art, music, dance, and yoga to help them express emotions, process social issues, and learn the effects of bullying. All participants will receive free refreshments, wellness artifacts, and information on free/reduced mental health service providers. Translations will be provided in English, Spanish, Russian, and American Sign Language.
5/8/2025 1:30 PM - 4:30 PM	Taking Care for Yourself, Each Other, and the Community Through Creative Shared Mental Wellness Experiences	225 W Valley Blvd. San Gabriel, San Gabriel, CA 91776	Happy 50 Plus Foundation will host an in-person event, in Mandarin, that incorporates expert mental health talks and introduces mental wellness practices such as sound bath, walking meditation and movement therapy. We also will play group games to promote social connectedness. The event will close with the revealing of a “What Does Mental Wellness Mean to Me” mural created by Happy 50 members.
5/10/2025 8:30 AM -	Chak De SoCal 3.0	17707 Elaine Ave. Artesia, Artesia, CA	SAAHAS is organizing Chak De SoCal 3.0 in collaboration with Southern California Youth Cricket Academy to spread awareness about the connection between physical and mental wellbeing through the game of cricket. Alongside the

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2:00 PM		90701	game of cricket, there will also be intergenerational mini sporting events welcoming all genders to compete as individuals as well as teams. Other activities will include henna art, music, singing, dance and painting with youth and other participants. The purpose of this event is to shatter the stigma around mental health, open the doors for a conversation and educate and empower the attendees with resources that can help alleviate mental stress through different mediums. Boxed lunch, snacks and hot & cold beverages will be provided to the participants and attendees.
5/10/2025 9:00 AM - 12:00 PM	Community Wellness Day at Cerritos Chinese School	13435 E 166th St. Cerritos, Cerritos, CA 90703	Join us for our exclusive Mommy Fair, tailored specifically for prenatal and postpartum mothers! This enlightening event features a key seminar led by renowned OB-GYNs and mental health professionals, focusing on comprehensive wellness strategies for both prenatal and postpartum phases. Explore a variety of information booths offering valuable resources and support. Delight in the unique opportunity to taste traditional Zuoyuezi "sitting month" foods, providing nutritional insight for postpartum recovery. Don't miss out on our exciting giveaways throughout the day. Whether you're expecting or recently welcomed a new addition to your family, this fair is designed to empower you with knowledge and support for your journey into motherhood. Join us for a day of learning, tasting, and celebrating motherhood!
5/10/2025 9:00 AM - 12:00 PM	Tai Chi and Wellness Day	13435 166th St. Cerritos, Cerritos, CA 90703	Welcome to our Wellness Seminar, a day dedicated to enhancing the health and vitality of adults and older adults. This seminar will feature free Tai Chi lessons, perfect for all skill levels, to help improve flexibility, balance, and peace of mind. Gain valuable insights from experts on mental resiliency and overall wellness, designed to enrich your daily life. Additionally, a renowned Traditional Chinese Medicine doctor will be on hand, offering specialized services and an exclusive opportunity to learn about the benefits of various herbal remedies. Whether you're looking to rejuvenate your body, fortify your mind, or explore holistic health practices, this seminar is your gateway to a healthier, more vibrant lifestyle. Join us for a day of learning, movement, and discovery!
5/10/2025 10:00 AM - 3:30 PM	Black Girls Day Off: A Day of Play	1001 S. Stadium Dr. Inglewood, Inglewood, CA 90301	Join Sistahs N Wellness as we celebrate a day dedicated to you! Black Girls Day Off is an initiative aimed at celebrating and prioritizing the wellbeing of Black women and girls. It serves as a reminder to take time for self-care, self-reflection, and community building. We invite all Black women to join us for A Day of Play to enjoy a day of movement, mental health discussions, community, and plenty of play. Bring your mom, your girls or come alone and connect with community.
5/10/2025 10:00 AM - 2:00 PM	Shakinahs Glory Homes Pre-Mother's Day Recognition Brunch	310 W 95th St. Los Angeles, Los Angeles, CA 90003	Join Shakinah's Glory Homes on May 10 for an empowering evening dedicated to pregnant and parenting teen mothers. Enjoy inspiring speakers, engaging workshops, and a resource fair offering free and low-cost mental health services, baby essentials, and community support. Connect with mentors, healthcare professionals, and fellow moms in a safe, uplifting space designed to celebrate resilience and wellbeing. The event includes a catered banquet, giveaways, and interactive sessions on self-care, healing, and financial literacy. Don't miss this opportunity to learn, connect, and thrive! RSVP Today!
5/10/2025 11:00 AM - 4:00 PM	Youth Empowerment: Building Futures, Breaking Barriers	1202 West Avenue J Lancaster, Lancaster, CA 93534	The Youth Empowerment Workshop will equip youth with essential life skills, build self-confidence, and reduce mental health stigma through interactive creative workshops, peer discussions, and community-building activities. The workshop will also provide a dynamic and interactive space for young individuals to by discussing their feelings and learning about mental health in a safe and inclusive environment. Facilitators will guide participants through hands-on activities and discussions aimed at fostering personal growth and resilience.

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5/10/2025 11:00 AM - 4:00 PM	CV Cares Wellness Fair	2563 Foothill Blvd. La Crescenta-Montrose, La Crescenta-Montrose, CA 91214	CV Cares: Care Fair is a community-driven event designed to improve access to mental health resources, access to substance misuse and prevention resources, provide educational presentations, and foster meaningful community connections. This event is a safe space where individuals and families can learn, heal, and grow together. Why You Should Attend: Gain access to valuable mental health and wellness resources. Hear about strategies to improve your mental and emotional wellbeing from professionals in the field. Come be a part of a movement that prioritizes mental health, self-care, and community wellbeing. We look forward to welcoming you!
5/10/2025 12:00 PM - 6:00 PM	Zula Den Spring Soiree	4011 W. Jefferson Blvd. Los Angeles, Los Angeles, CA 90016	This event brings accessible healing modalities to the West Adams neighborhood to support the community's mental health and wellbeing. The Soirée is a free event that brings the community together to sample the different healing modalities offered at the Zula Den. This is a chance for people to receive free services, including one-on-one and group sessions such as body work, reiki, breathwork, guided meditations, sound baths, energy healing, etc. Don't miss the opportunity to experience a cold plunge at our Soiree! Cold plunges can enhance circulation, boost mood, and aid muscle recovery, offering a refreshing and revitalizing experience. The warehouse is transformed into a wellness retreat featuring tipis, a dome tent, and a dedicated limpieas center. Join us for personalized one-on-one wellness sessions and engaging group experiences.
5/10/2025 12:00 PM - 6:00 PM	Honor Your Feelings Fest	1370 N St Andrews Pl Los Angeles, Los Angeles, CA 90028	Asian Mental Health Project and Take Action LA 2025 are proud to present the third annual one-day festival aiming to deepen the conversation about mental health in the Pan-Asian community. Taking place during the month of May as a celebration of both AAPI Heritage Month and Mental Health Awareness Month, this free & all-ages community festival will feature panel discussions, interactive art & movement workshops, live music, community resources, and more – all in the heart of Los Angeles. Attendees are encouraged to use public transportation to attend this event. Nearby options include Bus Route 2 and the Hollywood/Western Red Line Rail Stop. Paid parking is available, including on-street metered parking and on-site parking for \$15.
5/10/2025 1:00 PM - 6:00 PM	The Art of ONE	30362 Morning View Dr. Malibu, Malibu, CA 90265	From the ashes of fires, the echoes of lockdowns, and the weight of uncertainty—LA's youth are Taking Action through expression. The Art of ONE is an immersive event where young people show how they take raw emotion and transform it into powerful works of music, art, film, fashion, and spoken word. Step into a multi-sensory experience where youth take center stage! - Live performances - Film clips & documentaries - Spoken word artists - Fashion design experiential - Culinary treats everywhere Breakout sessions will happen throughout the day with top experts on mental health, social media, gaming, addiction & more. RSVP is required.
5/10/2025 1:30 PM - 5:00 PM	2025 Buddha Day Ceremony	1100 S. Valley Center Ave. San Dimas, San Dimas, CA 91773	Bring the whole family and join us for a joyful and meaningful celebration at the 2025 Buddha Day Ceremony! This special event honors the Buddha's Birthday, Mother's Day, Tzu Chi's anniversary, and Asian & Pacific American Heritage Month, embracing compassion, unity, and peace. Experience a beautiful ceremony where we come together in prayer and reflection, fostering harmony within ourselves and our communities. Throughout the day, explore a variety of family-friendly, mindfulness-centered activities: • Tai Chi • Chinese Character Legos Building • Stone Painting • Gratitude Reflection Board • Light Refreshments Let this celebration be a moment of mindfulness, resilience, and community connection for all.
5/12/2025	Service Area 2	5800 Fulton Ave.	Join us for a community event focused on mental health, offering resources and wellness activities. Come & enjoy: *

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11:00 AM - 3:00 PM	May Mental Health Awareness Event at LA Valley College	Valley Glen, Valley Glen, CA 91401	Free food, music and giveaways * Free community resources * Meditation, yoga and other wellness activities
5/13/2025 11:00 AM - 3:00 PM	Service Area 7 May Mental Health Awareness Event at Rio Hondo College	3600 Workman Mill Rd. Whittier, Whittier, CA 90601	Join us for a community event focused on mental health, offering resources and wellness activities.Come & enjoy: * Free food, music and giveaways * Free community resources * Meditation, yoga and other wellness activities
5/14/2025 10:00 AM - 1:00 PM	Nurturing Our Wellbeing (NOW) Mind, Body and Spirit	1180 Lincoln Avenue Pasadena, Pasadena, CA 91103	Nurturing Our Wellbeing (NOW): Mind, Body & Spirit is a multicultural food and empowerment fair to reduce the gap between nutrition, mental health, and overall wellbeing. Enjoy free grocery items, fresh fruits, food tastings, food trucks, resource booths, music, dancing, and a toddler zone. It's a movement to nourish our community with the knowledge, resources, and support needed to thrive.
5/14/2025 11:00 AM - 3:00 PM	Service Area 8 May Mental Health Awareness Event at Harbor College	1111 Figueroa Place Wilmington, Wilmington, CA 90744	Join us for a community event focused on mental health, offering resources and wellness activities.Come & enjoy: * Free food, music and giveaways * Free community resources * Meditation, yoga and other wellness activities
5/14/2025 7:30 PM - 9:00 PM	LAFC vs Seattle - Mental Health Awareness Month (half-time spotlight)	3939 S. Figueroa St. Los Angeles, Los Angeles, CA 90037	Join us for an inspiring game dedicated to Mental Health Awareness with LAFC. This special event aims to break the stigma surrounding mental health challenges. We're shedding light on the crucial intersection of mental wellbeing and sports. For each regular season home game that is played during the month of May, LAFC will feature the Los Angeles County Department of Mental Health and the Take Action LA campaign.NOTE:This event requires payment for attendance. Tickets are required: https://www.lafc.com/tickets/
5/15/2025 9:00 AM - 4:30 PM	A Cross-Culture Tour to Promote Mental Wellbeing and Social Connectedness	625 Mayflower Road Claremont, Claremont, CA 91711	Happy50 will provide an in-person outing experience for older Chinese Americans, to promote social connectedness opportunities and to let them experience the diverse communities in Service Planning Area 3 (SPA3) of Los Angeles County.

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5/15/2025 11:00 AM - 3:00 PM	Service Area 4 May Mental Health Awareness Event at LA Community College	840 Heliotrope Dr. Los Angeles, Los Angeles, CA 90029	Join us for a community event focused on mental health, offering resources and wellness activities. Come & enjoy: * Free food, music and giveaways * Free community resources * Meditation, yoga and other wellness activities
5/15/2025 1:00 PM - 5:00 PM	Reclaim: A Day of Renewal, Reflection and Reignition	3101 East Carson St. Lakewood, Lakewood, CA 90712	Reclaim: A Day of Renewal, Reflection, and Reignition A transformative experience for entrepreneurs, executives and leaders looking to break free from burnout, tap into clarity, and build a business and life that truly aligns. Featuring therapeutic art sessions, vision-building workshops, powerful conversations and resource forum that will help you step into your next chapter with confidence. If you're feeling stuck, overwhelmed, or uninspired—it's time to RECLAIM. Your vision. Your creativity. Your passion.
5/16/2025 12:00 PM - 5:00 PM	Bertrand Elementary School Hopes and Dreams Mental Health Fair	7021 Bertrand Ave. Reseda, Reseda, CA 91335	This is primarily a resource fair to support students outside of school hours, while also addressing the mental health needs of families navigating the unique challenges of parenting a child with a disability. This will include specific workshops and discussions helping siblings of children with disabilities cope with feelings of isolation and stress. The goal is to create a holistic support system that fosters resilience and connection, empowering both students and their families to thrive. All participants will receive free food/drinks, interactive workshops, and a Stress Kit for at home use.
5/16/2025 12:00 PM - 4:00 PM	Healing & Empowerment Summit	1202 West Avenue J Lancaster, Lancaster, CA 93534	This event is a safe and welcoming space for individuals to connect, share experiences, and support one another in their mental wellness journey. Through guided discussions, peer support groups, and resource-sharing, participants will have the opportunity to strengthen their mental resilience while building a network of encouragement and understanding. A nourishing community meal will be provided, fostering a sense of togetherness and care. This event is open to all, emphasizing mental health awareness, reducing stigma, and promoting healing through shared experiences and communal support.
5/17/2025 8:00 AM - 12:00 PM	Walk for Wellness	13950 Penn St. Whittier, Whittier, CA 90602	The Whittier Walk for Wellness invites community members, family, and friends to enjoy a 5K walk through scenic Uptown Whittier. At each mile, a keynote speaker will share inspiring stories of mental health and community work. This event encourages conversations around mental health and promotes healthy activities, aiming to normalize wellness among families and friends. As a signature event of The Local Wellness Foundation, it celebrates diversity, inclusion, and community healing. With growing support, the Walk for Wellness is poised to continue making a significant impact for years to come, fostering lasting change in the community. Enjoy food, drinks, live music, inspiring speakers, and our Whittier community members and beyond, coming together to celebrate Take Action LA in SPA 7 and the progress we are making in mental health.
5/17/2025 9:00 AM -	Camino to Wellness	1018 Mohawk St. Los Angeles, Los	Camino to Wellness is a community event designed to break stigma around mental illness and treatment while building a positive community culture around mental health and wellness, focused on serving families and their

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2:00 PM		Angeles, CA 90026	school-aged children in the Latinx community in central Los Angeles. Our event will consist of workshops, art, music, and food as we celebrate how community and culture support mental health and wellbeing.
5/17/2025 9:00 AM - 12:00 PM	24th Street Community Garden Day	2055 W 24th St. Los Angeles, Los Angeles, CA 90018	Join us for a relaxing morning at the 24th Street Elementary Garden! Together we'll dig in with garden-based wellness activities, including: A 30-minute kid-friendly yoga class followed by a 5-minute breathwork session at 9:30 am A 30-minute hands-on workshop led by a Master Gardener about zombie gardening at 11:00 am, including a take-home guide to getting started A range of physical gardening activities beginning at 9:00 am. We provide all the necessary tools and training. After a fun morning in the garden, we'll share a light lunch at 11:30 am. Attendees will also access a range of bilingual (English/Spanish) take-home resources.
5/17/2025 9:00 AM - 2:00 PM	Hopewalk and Kids Healthy Activity Fair	5015 Tujunga Ave. North Hollywood, North Hollywood, CA 91601	Hands4Hope LA will host its 23rd Annual 5K Hopewalk and Kids Healthy Activity Fair on Saturday, May 17, 9 a.m. - 2 p.m. at North Hollywood Park. This is a free in-person event with a mission to increase physical and mental health awareness. The day starts with a 5K walk through the heart of the North Hollywood Arts District. After the 5k walk a DJ will play music to keep the atmosphere fun and get participants moving! Kids and parents alike can then enjoy the Kids Healthy Activity Fair and "A Taste of Healthy NoHo" to try healthy foods from local vendors.
5/17/2025 9:30 AM - 12:00 PM	Take Action in Mindfulness with DAV 5	11301 Wilshire Blvd. Los Angeles, Los Angeles, CA 90073	Discover a unique blend of tranquility and excitement at our Mindful Golf & Family Wellness Event! Immerse yourself in a rejuvenating experience that combines mindfulness practices with the joy of golf, healthy snacks, and fun activities for kids. Expert instructors will guide you through mindful breathing exercises and visualization techniques to enhance your focus and improve your game. Savor nutrient-rich, golf-friendly snacks at our mindful eating station. While adults enjoy their mindful golf experience, children can explore our specially designed Kids Zone, featuring age-appropriate mindfulness activities. Don't miss this opportunity to transform your approach to golf, wellness, and family time. Join us for a day of connection and rejuvenation on the greens!
5/17/2025 10:00 AM - 4:00 PM	Crop Swap LA: 2nd Annual Cultivating Wellness with the Blazers	1517 W 48th St. Los Angeles, Los Angeles, CA 90062	Join our 2nd Annual Cultivating Wellness event, a special gathering in honor of Mental Health Awareness Month! This day of community and connection will explore the powerful link between food, nature, and mental wellbeing. Nourish Your Mind & Body with talks and presentations on how healthy eating supports mental wellness. Stay Present & Mindful with outdoor yoga and meditation sessions designed to inspire peace and self-care. Reconnect with Nature through hands-on gardening classes that highlight the therapeutic benefits of working with plants and soil. Celebrate Community with live music, art, seed and seedling giveaways, hosted lunch and snacks, and open conversations with local leaders. Come cultivate wellness with us—inside and out!
5/17/2025 10:00 AM - 2:00 PM	WOW! Zen-tastic Camp Getaway	4558 Palmdale Hills Dr. Palmdale, Palmdale, CA 93552	We invite you to join our Wellness Camp, where relaxation and rejuvenation await! Enjoy a convenient bus ride to the camp, where you'll immerse yourself in a day filled with wellness activities. Engage in art, music, gardening, and yoga, and even get the chance to build an aquarium to take home! Experience the joy of horseback riding and

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			discover various tools to help relieve stress both at school and at home. This is an incredible opportunity to unwind, connect with nature, and enhance your overall wellbeing. Don't miss out on this transformative experience!
5/17/2025 10:00 AM - 1:00 PM	Mommy and Me Mental Health Day of Action and Resource Fair	1321 Cortez St. Los Angeles, Los Angeles, CA 90026	Partnering with McAlister High School, this event will provide a safe space for young mothers, their children, and their extended support system to gather as a community and counteract the feelings of isolation that comes with becoming a young parent. Participants will enjoy self-care activities, movement/art therapy workshops, discussions around wellness, and resources for free/reduced cost mental health services. Meals will be provided and all participants will leave with free baby supplies, personal care items, and an expanded network of community that they can refer to as they navigate motherhood.
5/17/2025 10:00 AM - 12:00 PM	Storytelling Theater for Healing	350 S Mc Pherrin Ave. Classroom #2 Monterey Park, Monterey Park, CA 91754	Storytelling Theater for Healing presents "Red Doors." Behind every beautiful red door, there is an untold story. This interactive theatrical performance/workshop explores the intricate relationship between intergenerational conflict and mental health, delving into the complexities of familial relationships, cultural expectations, and emotional struggles passed down through generations. Through its narrative, the play sheds light on how these tensions can impact mental wellbeing and the journey toward healing and understanding.
5/17/2025 10:00 AM - 4:00 PM	Roots to Resilience: Empower, Heal, & Thrive	1731 E 120th St. Los Angeles, Los Angeles, CA 90059	Join us for a day dedicated to nurturing and uplifting our birthing people in honor of Mother's Day. This event provides culturally responsive mental health support and practical self-care techniques to foster healing, resilience, and overall wellbeing. Engage in guided self-care activities such as meditation, journaling, and more with culturally responsive mental health professionals. Connect with a supportive community, share experiences, and learn how to recognize and address postpartum mood and anxiety symptoms that may impact breastfeeding. Gain access to local mental health resources and tools to foster ongoing wellness, helping to create a healthier future for families. This event is more than a day of self-care—it's a movement toward recharging your soul. Join us in recharging your soul.
5/17/2025 10:00 AM - 2:00 PM	East LA Move & Groove Event	4021 1st St Los Angeles, Los Angeles, CA 90063	Our East LA Wellness: Move & Groove event's goal is to bring the community with and without intellectual and/or developmental disabilities in the East LA community together to learn about local mental health and wellness services, engage with one another in inclusive exercise, dance, and physical activities, and provide demonstrations and resources that promote a healthy lifestyle and wellbeing. Join us for great performances, demonstrations, food, and tons of family fun!
5/17/2025 10:00 AM - 10:00 PM	Escape to Empowerment - Mental Health Escape Rooms	235 E Broadway 8th Floor Long Beach, Long Beach, CA 90802	Immerse yourself in "Escape to Empowerment: Mental Health Escape Rooms"—an interactive journey where every puzzle ignites transformation. Collaborate with your community to decode culturally inspired challenges that break barriers and unlock inner strength. Each clue is a stepping stone to resilience, turning obstacles into opportunities for personal and collective growth. This isn't just an escape room; it's a dynamic experience that redefines empowerment, celebrates diversity, and champions mental wellness. Join us to challenge your limits, foster deep connections, and emerge more empowered than ever before.
5/17/2025 10:00 AM - 4:00 PM	Hike for Wellness - Day 1	4700 N. Griffin Ave. Los Angeles, Los Angeles, CA 90031	Roots in Motion: The Bike, Hike, Walk for Wellness is a two-part event designed to nurture wellbeing through movement, nature, and community care. Join us for a guided hike, supported by Hearts for Sight, providing adaptive mobility aids for limited-mobility and visually impaired participants. Afterward, gather at our Resilience Fair, where you'll enjoy free nutritious plant-based meals, interactive youth art activities, healing workshops, and community

Date	Title	Address	Description
			resilience resources from partner organizations. This event blends physical activity with mindfulness, connection, and mental health support, creating an inclusive space for all to thrive. Come move, heal, and grow with us!
5/17/2025 10:00 AM - 2:00 PM	Sharing Love With Others Mental Health Fair	808 E. 6th. St. Los Angeles, Los Angeles, CA 90021	Sharing Love With Others invites our unhoused neighbors and compassionate community members to come together for a Mental Health Awareness Resource Fair. Please join us and enjoy a warm meal, receive essential care packages, and connect with free mental health services, medical care, hygiene kits, clothing, and more. We encourage our eager volunteers and community-based organizations to join us in serving meals, distributing resources, and sharing kindness with those in need.
5/17/2025 11:00 AM - 2:00 PM	Empowering M.I.N.D.S.	410 Grand Cypress Ave. Palmdale, Palmdale, CA 93551	The Empowering MINDS Community Youth Event is an interactive experience designed for youth (ages 16-25) focused on essential skills, mentorship, mental wellness, and transitioning into adulthood. Attendees will participate in Silent Workshops, a self-paced learning experience using QR codes to access expert-led discussions on resilience, confidence, and goal setting.
5/17/2025 12:00 PM - 3:00 PM	2nd Compton Community Wellness Expo	301 N. Tamarind Ave. Compton, Compton, CA 90220	The 2nd Annual Compton Wellness Expo is a community-focused event dedicated to enhancing mental and emotional wellbeing for Compton residents through accessible wellness resources. Featuring yoga, sound bath meditation, painting for emotional processing, and expert-led mental health discussions, the expo fosters connection, empowerment, and healing. This event was chosen to address the critical need for equitable mental health resources in communities like Compton by creating a safe space where residents can access culturally relevant wellness support. By uniting local providers and the community, the expo advances Compton Wellness Collective's journey toward mental health equity.
5/17/2025 12:00 PM - 3:00 PM	Soul Sessions in the Park: Self Care - Nourishment not Neglect	930 East Avenue Q-9 Palmdale, Palmdale, CA 93550	Come join us for our Soul Session in the Park! Marzette's House has partnered with Take Action LA to provide this free community event. Hear from our expert panel and participate in our live question-and-answer segment, receive free giveaways to help kick start your self care journey and visit our resource booths. Learn skills to "Take Action for Yourself, Take Action for Others and Take Action for Your Community."
5/17/2025 12:30 PM - 4:00 PM	Take Action in Mindfulness with DAV 5 (Continued)	11301 Wilshire Blvd. Los Angeles, Los Angeles, CA 90073	Discover a unique blend of tranquility and excitement at our Mindful Golf & Family Wellness Event! Immerse yourself in a rejuvenating experience that combines mindfulness practices with the joy of golf, healthy snacks, and fun activities for kids. Expert instructors will guide you through mindful breathing exercises and visualization techniques to enhance your focus and improve your game. Savor nutrient-rich, golf-friendly snacks at our mindful eating station. While adults enjoy their mindful golf experience, children can explore our specially designed Kids Zone, featuring age-appropriate mindfulness activities. Don't miss this opportunity to transform your approach to golf, wellness, and family time. Join us for a day of connection and rejuvenation on the greens!
5/17/2025 2:00 PM - 6:00 PM	MY Queens & Warriors LIVE!	410 Grand Cypress Ave. Palmdale, Palmdale, CA 93551	MY Queens & Warriors LIVE – The Community Experience is a dynamic retreat-style gathering for adults (30+) focused on relationship-building, personal development, and mental wellness. Attendees will engage in interactive Silent Workshops on topics like healthy relationships, emotional resilience, and personal growth, accessed through QR codes. The event will feature a live performance by The Gaslight District, networking opportunities with business owners and community leaders, and access to mental health resources and vendor booths.

Date	Title	Address	Description
5/17/2025 2:00 PM - 4:00 PM	Reclaim 2025 Virtual Experience	Online	Reclaim 2025 isn't just another Zoom call—it's your transformative moment to break free from burnout, access life-changing resources, and experience powerful stories of women reclaiming their purpose. - Feel the energy of our live event - Hear inspiring testimonies of transformation - Unlock strategies for clarity, resilience, and renewal - Access powerful wellness resources for your journey! In partnership with Take Action LA 2025, celebrate Mental Wellness Month by prioritizing YOU. Join a vibrant community of women entrepreneurs, leaders, and visionaries, and transform your life and leadership from wherever you are! Register today and a link provided after registration.
5/17/2025 4:00 PM - 7:00 PM	Fiesta de Bienestar	18755 Devonshire St. Northridge, Northridge, CA 91324	Fiesta de Bienestar is a cultural celebration that reduces stigma by combining Latinx heritage with mental health awareness. Featuring traditional music, dance, and food, it offers a welcoming space for families. Alongside festivities, booths provide bilingual resources, wellness screenings, and culturally relevant resources on stress management and support access. Local mental health professionals guide discussions to normalize mental health conversations, encourage treatment, and break stigma within the Latinx community. Hosting Fiesta de Bienestar promotes wellbeing by blending cultural pride with valuable health information, empowering Latinx individuals to prioritize mental wellness in a familiar, supportive environment.
5/17/2025 6:10 PM - 9:10 PM	Dodgers Mental Health Awareness Night	1000 Vin Scully Ave. Los Angeles 90012, CA 90012	Join us for an inspiring evening dedicated to Mental Health Awareness with the Dodgers. This special event aims to break the stigma surrounding mental health challenges. NOTE: This event requires payment for attendance. Tickets are required: https://www.mlb.com/dodgers
5/18/2025 9:30 AM - 2:30 PM	Conscious Culture Mental Health Festival	9528 Beverly Blvd. Pico Rivera, Pico Rivera, CA 90660	This Conscious Culture Mental Health Festival integrates Indigenous sacred wisdom to destigmatize mental health and introduce culturally relevant health practices. The festival begins with a sage cleansing circle acknowledging the 7 directions. A mindfulness brunch will introduce health conscious nutrition and provide information on gut health. Participants will choose two educational and experiential workshops covering mental health topics and introducing health behaviors. We will conclude with local mental health resources and food.
5/18/2025 10:00 AM - 3:00 PM	Maternal and Family Wellness Event - Day 2	8421 San Luis Potosi Pico Rivera, Pico Rivera, CA 90660	Women, Indigenous individuals, Chican@s, Latinx communities, first-generation families, and multi-generational families are invited to Rio Hondo Park in the Pico Rivera community for a day filled with activities. Enjoy sharing circles, engaging activities for children from birth to six years old, grounding workshops (including yoga and breathwork), discussions on mental health and wellness, and valuable advice from grandparents.
5/18/2025 11:00 AM - 4:00 PM	CJLA Peace and Healing Center Two Year Anniversary	116 E 5th St. Los Angeles, Los Angeles, CA 90013	Join us in celebrating two years of the Creating Justice LA Peace and Healing Center! This is a free event featuring performances from the Skid Row artists, a healing circle discussion, nourishing drinks and food, and more. A place to belong and heal forward, the Peace and Healing Center welcomes all to come enjoy being in community and take action for mental health!
5/18/2025 1:30 PM - 4:30 PM	Wellness Matters: Community Connection	8773 E. Ave. R Sun Village, Sun Village, CA 93543	Join us at Solé of the Community's Mental Health Pop-Up Events, a series of vibrant gatherings designed to unite the community in taking proactive steps towards mental wellbeing. These events feature a variety of healing modalities, community drum circles, and spoken word workshops, providing a platform for expression and recovery. Local organizations will be on hand as vendors, offering essential mental health resources and support. Enjoy food and

Date	Title	Address	Description
	(Day 1)		fellowship as we come together to heal, share, and grow. These enriching pop-ups are free and open to everyone, embodying our commitment to fostering mental health in a supportive community setting.
5/19/2025 8:00 PM - 10:30 PM	Rogue Lab Rough Drafts Series: Action Scenes in Process (Day 1)	7900 Balboa Blvd. Hangar C3 and C4 Van Nuys, Van Nuys, CA 91406	<p>Rogue Artists Ensemble presents the Rogue Lab Rough Drafts Series: Action Scenes in Process. Over two evenings, Rogue Artists will present 12 short performances inspired by the theme of taking action for your mental health and the wellbeing of your community.</p> <p>Actions Scenes in Process will take place over two evenings (May 19 and May 20) at the Valley Relics Museum, and will feature six new pieces per night followed by a talkback with the audience. Come enjoy the museum, community resource tables, and a surprise variety of performances, from short plays, to new literary works, to puppet pieces, and beyond. All performances are created by LA artists, especially uplifting women and artists from the LGBTQIA+ community.</p> <p>Founded in 2028, Rogue Lab is Rogue Artists Ensemble’s incubator for new work that stretches the boundary of what is currently being done onstage, including immersive experiences, interactive design, puppet plays, and genre-bending pieces that fit within the Rogues’ Hyper-theater aesthetic.</p>
5/20/2025 5:00 PM - 8:00 PM	Take Action for Mental Wellness	1711 N Van Ness Ave. Los Angeles, Los Angeles, CA 90028	Our Community Wellness event will provide a welcoming, informal space where unhoused individuals and mental health service providers can engage, build trust, and form lasting connections. By fostering these relationships, we hope to create pathways for ongoing support and improved access to essential mental health services. Services provided at the event will range from self-care amenities like haircuts to art activities that will engage our guests, alongside a catered meal.
5/20/2025 8:00 PM - 10:30 PM	Rogue Lab Rough Drafts Series: Action Scenes in Process (Day 2)	7900 Balboa Blvd. Hangar C3 and C4 Van Nuys, Van Nuys, CA 91406	<p>Rogue Artists Ensemble presents the Rogue Lab Rough Drafts Series: Action Scenes in Process. Over two evenings, Rogue Artists will present 12 short performances inspired by the theme of taking action for your mental health and the wellbeing of your community.</p> <p>Actions Scenes in Process will take place over two evenings (May 19 and May 20) at the Valley Relics Museum, and will feature six new pieces per night followed by a talkback with the audience. Come enjoy the museum, community resource tables, and a surprise variety of performances, from short plays, to new literary works, to puppet pieces, and beyond. All performances are created by LA artists, especially uplifting women and artists from the LGBTQIA+ community.</p> <p>Founded in 2028, Rogue Lab is Rogue Artists Ensemble’s incubator for new work that stretches the boundary of what is currently being done onstage, including immersive experiences, interactive design, puppet plays, and genre-bending pieces that fit within the Rogues’ Hyper-theater aesthetic.</p>
5/21/2025 6:30 PM - 8:30 PM	Wellness Matters: Community Connection (Virtual)	Online	Join Solé of the Community for an enlightening virtual session exploring the crucial roles of community resources and coping skills in enhancing personal and collective wellbeing. This interactive webinar will feature local experts and community leaders who will share insights and practical tools to empower participants in navigating life's challenges. Whether you're seeking support or looking to strengthen your resilience, this event promises to offer valuable resources and strategies to support your journey. Don't miss this opportunity to connect, learn, and grow with us!

Date	Title	Address	Description
5/22/2025 11:00 AM - 2:00 PM	Older Adults Mental Health Experience	3650 W Martin Luther King Jr Blvd. Los Angeles, Los Angeles, CA 90008	Older Adults Mental Health Experience is a day to celebrate older adults. The event will feature performances, Zumba, arts and crafts, engaging activities, and onsite mental health resources. Each older adult will enjoy a catered lunch, and we will offer free transportation to pick up older adults from senior centers in our designated service area to the venue. The event will be opened to all older adults whether they ride the shuttle, get transported by someone, or transport themselves. This event was chosen to create an unforgettable experience for a forgotten and isolated demographic and improve the mental wellbeing of older adults.
5/22/2025 3:00 PM - 6:00 PM	Creative Connections	15848 Stare St. North Hills, North Hills, CA 91343	Join us at Creative Connections, a music and art festival designed to uplift mental health through creativity. With the theme Take Action for Yourself, Take Action for Others, and Take Action for Your Community, this event celebrates the power of art and music in promoting wellbeing, empathy, and unity. Highlights include mindful art workshops where participants can enjoy activities like mandala painting and oragami for personal reflection, and musical harmony sessions, offering group drumming for connection. Attendees can contribute to a community mural — the Mural of Unity — that represents collective strength and resilience. The day also features live music performances, crafts, and wellness booths that provide resources supporting emotional health. Celebrate creativity, connection, and community with us!
5/23/2025 9:00 AM - 3:00 PM	Be Well Leimert	3537 Farmdale Ave. Los Angeles, Los Angeles, CA 90016	A day long, interactive mental health resource fair for K-12 students, faculty, and staff in the 90008/90016 neighborhoods. Attendees can participate in hands-on workshops for stress management, learn coping techniques for grief and trauma, and experience alternatives to traditional therapy that can be explored independently.
5/24/2025 9:00 AM - 4:00 PM	What's In Your Prayer Closet? Exploring Mental Wellness Through Faith and Art	333 W Florence Ave. Inglewood, Inglewood, CA 90301	This will be a full day celebrating mental wellness through the arts through painting, dance, music, and relaxation. Each activity will be focused on nurturing physical and mental wellbeing. Every session will be led by a teaching artist and a mental wellness advocate, who will share insights into how each artform supports mental health. A panel discussion will dispel stigma around receiving help. Information on resources in the Inglewood area will be provided to help identify and support mental wellness moving forward. The event will encourage discussion, fostering connection and community.
5/24/2025 9:30 AM - 3:00 PM	The Art of Healing	1000 E Victoria St. Carson, Carson, CA 90747	Join us for The Art of Healing: Empowering the Neighborhood Youth Conference, designed for all youth of color ages 13-18! Discover how art can be a powerful tool for mental health and self-care. Express yourself through dance, creative writing, drama, and more and learn how art can reduce stress and boost wellbeing. Attendees will also receive a gift bag full of self-care items, food and more. No experience needed, just bring your imagination and an open mind. Together we can connect, create and heal!
5/24/2025 10:00 AM - 3:00 PM	Taking Charge: The Role of Taking Action in Mental Well-Being (Day 1)	18115 Sherman Way Reseda, Reseda, CA 91335	Join us for Taking Charge, an inclusive event dedicated to mental wellbeing and the power of taking action. This event highlights the unique challenges faced by the AAPI and LGBTQI+ communities while providing tools and resources to promote mental health. Through expert speakers, interactive workshops, and supportive discussions, we aim to create a safe space where everyone can connect, share experiences, and take practical steps toward improving mental health. Let's break stigmas and empower one another to take charge of our wellbeing.
5/24/2025	Healing	570 W Ave. 26 Los	The Measure of Movement

Date	Title	Address	Description
10:00 AM - 3:00 PM	Through Movement, Rooted in Ancestry	Angeles, Los Angeles, CA 90065	<p>Integrating ancestral healing with mental health support</p> <p>*Meeting You Where You Are*</p> <p>Join us for a transformative series of workshops designed to foster mental wellbeing through cultural mindfulness, joyful communication, and self-care practices.</p> <p>Workshops Include:</p> <ul style="list-style-type: none"> - Mental Health Awareness – ACEs & Mental Health 101 to reduce stigma - Cultural Mindfulness – Grounding, breathing, and relaxation techniques - Joyful Communication – Express daily joys and challenges effectively <p>Reconnect. Heal. Grow.</p>
5/24/2025 11:00 AM - 3:00 PM	“Let’s Talk About It” Roots in Motion’s Virtual Wellness	Online	<p>Roots in Motion Virtual Wellness: “Let’s Talk About It” is an inclusive space for healing, connection, and growth. This online event connects disability justice advocates, mental health partners, and hands-on wellness resources to support participants in their journeys. Engage in an interactive video session on stress relief, conflict resolution, addiction, mindfulness, and creative healing, with adaptability support, sign language interpretation, and Spanish translation available. Event includes practical tools and strategies, plus post-session chats for deeper learning. Whether seeking guidance or community, this event offers a safe, accessible space to explore wellness from anywhere. Let’s talk, heal, and grow together!</p>
5/24/2025 12:00 PM - 4:00 PM	Breaking the Silence: Music, Healing, and Mental Wellness	431 E 89th St. Lawndale, Lawndale, CA 90003	<p>Healing Through Harmony: A Mental Health Awareness Music Festival, is an empowering event dedicated to raising awareness about the impact of domestic violence and PTSD. Hosted by Unseen Faces Foundation, this festival blends the power of music, storytelling, and community support to inspire healing and resilience.</p> <p>Through live musical performances, guest speakers, and interactive wellness activities, we aim to create a safe space for survivors, advocates, and allies to connect, learn, and find strength in shared experiences. Whether you're seeking resources, support, or simply a day of uplifting music and unity, this event is for you.</p> <p>Come and be part of a movement that turns pain into power, silence into song, and trauma into triumph. Together, we heal. Let the music move you toward hope and healing!</p>
5/25/2025 12:00 PM - 4:00 PM	Arts in the Park!	4337 Degnan Blvd. Los Angeles, Los Angeles, CA 90008	<p>Dancing Through Parkinson’s (DTP), in partnership with KAOS Network’s Ben Caldwell & We Love Leimert, proudly presents Arts in the Park 2025 – a free celebration of dance, art, and wellness! Enjoy age-friendly, accessible movement classes, live performances, mental health resources, and community activities. Special guests include Pacific Neuroscience Institute, WalkGoodLA, Re+Active Physical Therapy, Ping Pong for Good, Rock Steady Boxing, and more! Grounded in the belief that creativity knows no age, this event embraces our elders and invites all — whether living with Parkinson’s, neurological conditions, or mobility challenges. Join us for a day of joy, healing, and community through dance!</p>
5/25/2025	Care Rituals for	2701 N Broadway	Join We Still Move for an afternoon of healing arts and embodied movement as we continue recovering from the LA

Date	Title	Address	Description
12:00 PM - 3:30 PM	Spring Recovery	Los Angeles, Los Angeles, CA 90031	fires and creating spaces for rest. Care Rituals for Spring Recovery is a space to provide low-cost care services by and for our women, gender-expansive and 2SLGBTQIA+ individuals from Black, Indigenous and communities of color working in social and economic justice movements. This community care clinic is a space to book one-on-one and group sessions in massage, yoga, nutritional consultations, sound immersion, astrological readings, and healing movement. Masks required.
5/25/2025 3:00 PM - 5:00 PM	Sparks Mental Health Awareness Game	1111 S Figueroa St. Los Angeles, Los Angeles, CA 90015	Join us for an inspiring game dedicated to Mental Health Awareness with the Sparks. This special event aims to break the stigma surrounding mental health challenges. NOTE: This event requires payment for attendance. Tickets are required: https://sparks.wnba.com/
5/26/2025 7:00 AM - 4:00 PM	A Walk To Remember	950 S. Sepulveda Blvd. Los Angeles, Los Angeles, CA 90049	Join us this Memorial Day for the "Walk to Remember," a reflective journey from Santa Monica Pier to the Los Angeles National Cemetery. Our walk concludes at 10 AM, followed by a respectful ceremony honoring veterans. At the cemetery, enjoy healthy refreshments at our mindful eating stations. Families will love our vibrant Kids Zone, featuring patriotic crafts, age-appropriate mindfulness activities, and entertaining educational experiences and snacks. Throughout the event, expert guides will lead participants in mindfulness exercises, fostering deep appreciation for those who served. Experience a unique blend of wellness, gratitude, and community as we pay tribute to our nation's heroes through mindful movement, contemplation, and family-friendly activities. For those who are not able to participate in the walk, please go directly to the Los Angeles National Cemetery at 950 S. Sepulveda Blvd., Los Angeles 90049 at 10 AM.
5/28/2025 11:00 AM - 3:00 PM	Service Area 3 May Mental Health Awareness Event at Pasadena City College	1570 E Colorado Blvd. Pasadena, Pasadena, CA 91106	Join us for a community event focused on mental health, offering resources and wellness activities. Come & enjoy: * Free food, music and giveaways * Free community resources * Meditation, yoga and other wellness activities
5/28/2025 6:30 PM - 8:30 PM	Platicas para Padres	Online	Join us for "Pláticas para Padres," a dynamic virtual gathering designed for Latinx caregivers. In this safe, bilingual space, mental health experts and inspiring youth voices come together to share personal insights on overcoming cultural stigmas and mental health struggles. Hear directly from young people as they engage parents in authentic dialogue about resilience and the challenges they face. This interactive session provides practical strategies to nurture family wellbeing, bridge generational gaps, and empower communities through open, culturally resonant conversations. Join us to transform stigma into strength and create a supportive network for lasting mental wellness.
5/28/2025 7:30 PM - 9:00 PM	LAFc vs Kansas City - Mental Health Awareness	3939 S. Figueroa St. Los Angeles, Los Angeles, CA 90037	Join us for an inspiring game dedicated to Mental Health Awareness with LAFc. This special event aims to break the stigma surrounding mental health challenges. We're shedding light on the crucial intersection of mental wellbeing and sports. For each regular season home game that is played during the month of May, LAFc will feature the Los Angeles County Department of Mental Health and the Take Action LA campaign.

Date	Title	Address	Description
	Month (half-time spotlight)		NOTE:This event requires payment for attendance. Tickets are required: https://www.lafc.com/tickets/
5/30/2025 10:00 AM - 12:00 PM	Healing the Helpers: Recognizing and Overcoming Vicarious Trauma	Online	This workshop is designed to support caregivers, volunteers, and community members who experience emotional strain while helping others. Led by licensed mental health professionals from Long Beach API Family Mental Health Center, this session will explore vicarious trauma, its impact, and practical strategies for resilience. The goal is to equip participants with mental health tools, foster emotional wellbeing, and provide access to wellness resources. Whether you are a volunteer, first responder, healthcare worker, or caregiver, this workshop offers valuable support to help you sustain your wellbeing while serving others.
5/30/2025 11:00 AM - 4:00 PM	Black Men Wellness Summitt: Arise King	905 E. El Segundo Blvd. Los Angeles, Los Angeles, CA 90059	Join us for the Black Man Wellness Summit 2025—a powerful day of brotherhood, health, and empowerment! Engage in inspiring panel discussions, dynamic guest speakers, and a live Q&A on “Breaking Barriers to Better Health.” Enjoy free health screenings, mental wellness workshops, fitness demos, and a community resource fair to equip you with tools to thrive. Expect live entertainment, networking, and exclusive giveaways! Designed for men, but open to those who love and support them. Let’s build stronger futures—together! Free admission—bring a friend!