

**FREE
WORKSHOP!**

STRESS MANAGEMENT WORKSHOP

Find Your Calm, Feel Your Best!

Join us for an informative and interactive workshop where we'll explore unique ways to ease stress and bring more peace into your life.

WHAT TO EXPECT:

- What stress is and how it affects our minds and bodies
- Easy ways to manage stress and feel more at ease
- Experience mindful tea drinking, acupressure, and chair yoga
- Where to find support and helpful resources

WHO IS THIS FOR?

This workshop is **open to all adults**

WHEN & WHERE:



May 15 (Thurs)



10:00 am - 12:00 pm



Venice Japanese Community Center

**12448 Braddock Dr,
Los Angeles, CA 90066**



**CALL VJCC TO RESERVE YOUR SPOT
WALK INS ARE WELCOME TOO!**

310.822.8885



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



Funded by the Mental Health Services Act (MHSA). Hosted by The Human Beauty Movement and Yellow Chair Collective for the Los Angeles County Department of Mental Health. If you or a loved one is experiencing or affected by a mental health, substance use, or suicidal crisis, call or text '988' or chat online '988 Suicide & Crisis Lifeline's website' for free, confidential, and immediate help.
FOR MENTAL HEALTH RESOURCES AND SUPPORT, CALL OUR 24/7 HELP LINE AT (800) 854-7771