



The Los Angeles County Dept. of Mental Health

# LIVING THROUGH THE PANDEMIC

Tuesdays at 1:00 pm  
Virtual meetings on Skype or call in.

THIS GROUP IS DESIGNED TO TEACH ADULTS ABOUT IMPORTANT LIFE SKILLS NEEDED TO MAINTAIN A SUCCESSFUL AND HEALTHY LIFE DURING DIFFICULT TIMES.

#### TOPICS WILL COVER

- HEALTH AND WELLNESS
- DEALING WITH STRESS & ANXIETY
- CONFLICT RESOLUTION
- DEALING WITH ANGER
- MINDFULNESS ACTIVITIES &
- RESOURCES AND UPDATES ABOUT COVID-19

TO JOIN A MEETING BY PHONE, DIAL THE CONFERENCE PHONE PLEASE CONTACT DENISE.

