



▶▶ Service Area 7 Peer Resource Center Men's Emotional-support Network (M.E.N.)

**Every 2nd and 4th Thursday of the Month
1 PM – 2 PM**

Do you find it hard to overcome past hurts, self-doubt, and negative thoughts? Are you struggling with anxiety, anger, grief, depression, low self-esteem, or facing life issues that take a toll on your emotional health? Do you feel isolated or struggle to connect with others?

If you answered yes to any of these questions, you are invited to join our men's support group! This support group is a way to come together with others dealing with similar life issues and help each other by offering emotional support and guidance. In this peer support group, participants will learn through shared experiences about the best coping skills, self-help, and self-care methods that play a key role in your emotional well-being.

Here are two ways to join:

Virtually on [Microsoft Teams Meeting](#)
or call 323-776-6996,
Conference ID: 620 909 731#

In-person at **SA 7 PRC**
6330 Rugby Ave., Suite 200
Huntington Park, CA 90255

This group is bilingual in English and Spanish. For more information, please contact us at SA7PRC@dmh.lacounty.gov or call 323-705-5992.



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DEPARTMENT OF
MENTAL HEALTH
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