

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Mind Matters Dignity Health Family Preservation Network 11:00 A.M. - 12:00 P.M. Virtual Heart H.E.L.P. 49th Elementary School 750 E 49th St, Los Angeles, CA 90011 8:30 A.M.-10:30 A.M. In-person	Mind Matters YWCA Supervisor Gloria Molina Community Empowerment Center 7515 Pacific Blvd Walnut Park, CA 90255 10:00 P.M. - 11:00 P.M. In-person Heart HELP CA Hospital Medical Center Leavey Hall, room 406 320 W. 15th St. Los Angeles, CA 90015 Spanish series 9:00 A.M. - 11:00 A.M. In-person	4	5	6
8	Heart H.E.L.P. 49th Elementary School 750 E 49th St, Los Angeles, CA 90011 8:30 A.M.-10:30 A.M. In-person Mind Matters YMCA GLA Union Pacific Empowerment Center 4315 Union Pacific Ave, Los Angeles, CA 90023 10:00 A.M-11:00 A.M. In-person	Heart HELP Para Los Niños Gratts Elementary School 309 Lucas Ave, Los Angeles, CA 90017 8:15 A.M.-10:15 P.M. In-person Mind Matters YWCA Supervisor Gloria Molina Community Empowerment Center 7515 Pacific Blvd Walnut Park, CA 90255 10:00 P.M. - 11:00 P.M. In-person	Mind Matters Markham Boys & Girls Club 1650 E 104th St, Watts, CA 90002 11:00 A.M. - 12:00 P.M. In-person	12	13

All Classes are FREE of Charge

Todas las clases son GRATIS

15	16 Heart H.E.L.P. 49th Elementary School 750 E 49th St, Los Angeles, CA 90011 8:30 A.M.-10:30 A.M. In-person Mind Matters YMCA GLA Union Pacific Empowerment Center 4315 Union Pacific Ave, Los Angeles, CA 90023 10:00 A.M.-11:00 A.M. In-person	17 Mind Matters YWCA Supervisor Gloria Molina Community Empowerment Center 7515 Pacific Blvd Walnut Park, CA 90255 10:00 P.M. - 11:00 P.M. In-person Heart HELP Para Los Niños Gratts Elementary School 309 Lucas Ave, Los Angeles, CA 90017 8:15 A.M.-10:15 P.M. In-person	18 Mind Matters Markham Boys & Girls Club 1650 E 104th St, Watts, CA 90002 11:00 A.M. - 12:00 P.M. In-person	19 Heart HELP Para Los Niños Frank Del Olmo Elementary School 100 N New Hampshire Ave, Los Angeles, CA 90004 In-person	20
22	23 Mind Matters YMCA GLA Union Pacific Empowerment Center 4315 Union Pacific Ave, Los Angeles, CA 90023 10:00 A.M.-11:00 A.M. In-person	24 Mind Matters YWCA Supervisor Gloria Molina Community Empowerment Center 7515 Pacific Blvd Walnut Park, CA 90255 10:00 A.M. - 11:00 A.M. In-person Heart HELP Para Los Niños Gratts Elementary School 309 Lucas Ave, Los Angeles, CA 90017 8:15 A.M.-10:15 P.M. In-person	25 Mind Matters Markham Boys & Girls Club 1650 E 104th St, Watts, CA 90002 11:00 A.M. - 12:00 P.M. In-person	26 Heart HELP Para Los Niños Frank Del Olmo Elementary School 100 N New Hampshire Ave, Los Angeles, CA 90004 In-person	27

29	30 Mind Matters YMCA GLA Union Pacific Empowerment Center 4315 Union Pacific Ave, Los Angeles, CA 90023 10:00 A.M-11:00 A.M. In-person				
----	--	--	--	--	--

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	All Classes are FREE of Charge Todas las clases son GRATIS
		1 Support Group California Hospital Medical Center Leavey Hall, room 227 320 W. 15th St. Los Angeles, CA 90015 Spanish series 9:00 A.M. - 11:00 A.M. In-person Mind Matters LA Academy Middle School 644 56th St, Los Angeles, CA 90011 9:00 A.M. - 10:00 A.M. In-person	2 Mind Matters Downtown Value School In-person, Students Only Heart HELP Betty Plasencia Elementary School 1321 Cortez St. Los Angeles, CA 90026 8:30 A.M. In-person	3 Mind Matters Downtown Value School In-person, Students Only Lennox Middle School 11033 Buford Ave, Lennox, CA 90304 8:30 A.M. - 9:30 A.M. In-person Heart HELP Frank Del Olmo Elementary School 100 N. New Hampshire Los Angeles, CA 90004 8:30 A.M. In-person	4	
6	7 Heart HELP Linda Esperanza Marquez High School 6361 Cottage St, Huntington Park, CA 90255 8:30 A.M.-10:30 A.M. In-person Mind Matters YMCA GLA Union Pacific Empowerment Center 4315 Union Pacific Ave, Los Angeles, CA 90023 10:00 A.M-11:00 A.M. In-person Mind Matters Para Los Ninos 3751 S. Hill Street, Los Angeles CA 90007 10:00 A.M. - 11:00 A.M. Virtual	8 Heart HELP Gratts Elementary School 309 Lucas Ave, Los Angeles, CA 90017 8:15 A.M. In-person Mind Matters LA Academy Middle School 644 56th St, Los Angeles, CA 90011 9:00 A.M. - 10:00 A.M. In-person	9 Mind Matters Downtown Value School In-person, Students Only Mind Matters Para Los Niños, Grupo Estrella 9:00 A.M. - 10:00 A.M. Virtual	10 Mind Matters Downtown Value School In-person, Students Only Lennox Middle School 11033 Buford Ave, Lennox, CA 90304 8:30 A.M. - 9:30 A.M. In-person Heart HELP Frank Del Olmo Elementary School 100 N. New Hampshire Los Angeles, CA 90004 8:30 A.M. In-person	11	

	Alliance Richard Merkin Middle School Open House Health Fair Gertz Ressler Richard Merkin 6-12 Complex 2023 South Union Ave, Los Angeles, CA 90007 4:00 P.M. – 7:00 P.M. In-person				
13	14 Mind Matters Para Los Ninos 3751 S. Hill Street, Los Angeles CA 90007 10:00 A.M. - 11:00 A.M. Virtual Heart HELP Linda Esperanza Marquez High School 6361 Cottage St, Huntington Park, CA 90255 8:30 A.M.-10:30 A.M. In-person Mind Matters YMCA GLA Union Pacific Empowerment Center 4315 Union Pacific Ave, Los Angeles, CA 90023 10:00 A.M-11:00 A.M. In-person	15 Heart HELP Gratts Elementary School 309 Lucas Ave, Los Angeles, CA 90017 8:15 A.M. In-person Mind Matters LA Academy Middle School 644 56th St, Los Angeles, CA 90011 9:00 A.M. - 10:00 A.M. In-person	16 Mind Matters Downtown Value School In-person, Students Only	17 Heart HELP Frank Del Olmo Elementary School 100 N New Hampshire Ave, Los Angeles, CA 90004 In-person Mind Matters Downtown Value School In-person, Students Only Lennox Middle School 11033 Buford Ave, Lennox, CA 90304 8:30 A.M. - 9:30 A.M. In-person	18

20	21 Mind Matters Para Los Ninos 3751 S. Hill Street, Los Angeles CA 90007 10:00 A.M. - 11:00 A.M. Virtual Heart HELP Linda Esperanza Marquez High School 6361 Cottage St, Huntington Park, CA 90255 8:30 A.M.-10:30 A.M. In-person Mind Matters YMCA GLA Union Pacific Empowerment Center 4315 Union Pacific Ave, Los Angeles, CA 90023 1:00 P.M-2:00 P.M. In-person	22 Heart HELP Gratts Elementary School 309 Lucas Ave, Los Angeles, CA 90017 8:15 A.M. In-person Mind Matters LA Academy Middle School 644 56th St, Los Angeles, CA 90011 9:00 A.M. - 10:00 A.M. In-person	23 Mind Matters Downtown Value School In-person, Students Only Mind Matters Para Los Niños, Grupo Estrella 9:00 A.M. - 10:00 A.M. Virtual Heart HELP LA Academy Middle School 644 56th St, Los Angeles, CA 90011 8:30 A.M. In-person	24 Heart HELP Diego Rivera Learning Academy 6100 Central Ave. Los Angeles, CA 90001 8:30 A.M. In-person Mind Matters Downtown Value School In-person, Students Only Lennox Middle School 11033 Buford Ave, Lennox, CA 90304 8:30 A.M. - 9:30 A.M. In-person	25
27	28 Mind Matters Para Los Ninos 3751 S. Hill Street, Los Angeles CA 90007 10:00 A.M. - 11:00 A.M. Virtual Heart HELP Linda Esperanza Marquez High School 6361 Cottage St, Huntington Park, CA 90255 8:30 A.M.-10:30 A.M. In-person Mind Matters YMCA GLA Union Pacific Empowerment Center 4315 Union Pacific Ave, Los Angeles, CA 90023 10:00 A.M-11:00 A.M. In-person		Heart HELP LA Academy Middle School 644 56th St, Los Angeles, CA 90011 8:30 A.M. In-person	Heart HELP Diego Rivera Learning Academy 6100 Central Ave. Los Angeles, CA 90001 8:30 A.M. In-person	