

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Mind Matters Lennox Middle School 11033 Buford Ave, Lennox, CA 90304 In-person 8:30 A.M. - 9:30 A.M. Heart HELP Charles White Elementary School & Visual Arts Magnet 2401 Wilshire Blvd. Los Angeles, CA 90057 In-person 8:30 A.M. - 10:30 A.M.	2 Mind Matters LA Academy Middle School 644 56th St, Los Angeles, CA 90011 In-person 9:00 A.M. - 10:00 A.M. Emotional Well-Being Support Group 320 W. 15th St. Suite 227 Los Angeles, CA 90015 In-person 9:00 A.M. - 11:00 A.M.	3 Mind Matters Downtown Value School In-person, Students Only 10:30 A.M. - 12:30 P.M. Mind Matters Boyle Heights Technology YouthSource Center 1600 East 4th St, Los Angeles, CA 90033 In-person 4:30 P.M. - 5:30 P.M. Heart HELP Florence Ave. Elementary School 7211 Bell Ave. Los Angeles, CA 90001 In-person 8:30 A.M. - 10:30 A.M.	4 Mind Matters Loma Vista Elementary 3629 E 58th St Maywood, CA 90270 In-person 8:00 A.M. - 9:30 A.M. Mind Matters Downtown Value School In-person, Students Only Heart HELP South Central LAMP 892 E. 48th St. Los Angeles, CA 90011 In-person 8:45 A.M. - 11:00 A.M.	5 Cancer Support Group CA Hospital Medical Center Los Angeles Center for Women's Health In-person 9:00 A.M. - 11:00 A.M.
7 Mind Matters Animo Leadership Charter High School 11044 S Freeman Ave, Inglewood, CA 90304 In-person 10:00 A.M. - 11:00 A.M. Heart HELP Virgil Middle School 152 N. Vermont Ave. Los Angeles, CA 90004 In-person 8:30 A.M. - 10:30 A.M.	8 Heart HELP Charles White Elementary School & Visual Arts Magnet 2401 Wilshire Blvd. Los Angeles, CA 90057 In-person 8:30 A.M. - 10:30 A.M.	9 Mind Matters LA Academy Middle School 644 56th St, Los Angeles, CA 90011 In-person 9:00 A.M. - 10:00 A.M. Heart HELP Estrellas Forjando Lazos 1701 S. Berendo St. Los Angeles, CA 90006 In-person 10:00A.M. -12:00 noon	10 Mind Matters Downtown Value School In-person, Students Only 10:30 A.M. - 12:30 P.M. Heart HELP Florence Ave. Elementary School 7211 Bell Ave. Los Angeles, CA 90001 In-person 8:30 A.M. - 10:30 A.M.	11 Mind Matters Loma Vista Elementary 3629 E 58th St Maywood, CA 90270 In-person 8:00 A.M. - 9:30 A.M. Mind Matters Downtown Value School In-person, Students Only Heart HELP South Central LAMP 892 E. 48th St. Los Angeles, CA 90011 In-person 8:45 A.M. - 11:00 A.M.	12 Mind Matters St. Francis Center 1835 S Hope St, Los Angeles, CA 90015 In-person 10:00 A.M. - 11:30 A.M.
14	15	16 Heart HELP Estrellas Forjando Lazos 1701 S. Berendo St. Los Angeles, CA 90006 In-person 10:00A.M. -12:00 noon	17 Mind Matters Downtown Value School In-person, Students Only	18 Mind Matters Downtown Value School In-person, Students Only	19

All Classes are
FREE of Charge

Todas las clases
son **GRATIS**

			Mind Matters AmeriCrops Online, AmeriCrops Members Only 10:00 A.M. - 11:00 A.M. Mind Matters Boyle Heights Technology YouthSource Center 1600 East 4th St, Los Angeles, CA 90033 In-person 4:30 P.M. - 5:30 P.M.	Heart HELP California Hospital MC 320 W. 15th st. Suite 406 Los Angeles, CA 90015 In-person 10:00 A.M. -11:30 A.M.	
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Please note all classes and events are subject to cancel or reschedule.
For more information or to register for a class, please call 213.743.7341.

1401 S. Grand Ave
Los Angeles, CA 90015
<https://www.dignityhealth.org/socal/locations/californiahospital>

May 2025

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