

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
4 Nutrition Workshop Angelica Lutheran Church 1345 S. Burlington Ave. Los Angeles, CA 90006 10:00 A.M.-11:30 A.M. In-Person Mind Matters YWCA Angeles Mesa Empowerment Center 2501 W Vernon Ave Los Angeles, CA 90008 12:00 P.M. - 1:00 P.M. In-person	5 Mind Matters Dignity Health Family Preservation Network 11:00 A.M. - 12:00 P.M. Virtual	6 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	7 Heart HELP Para Los Niños 9:00 - 10:30 A.M. Spanish 10:30 -12:00 P.M. English Virtual	8	9
11 Nutrition Workshop Angelica Lutheran Church 1345 S. Burlington Ave. Los Angeles, CA 90006 10:00 A.M.-11:30 A.M. In-Person	12 Mind Matters Dignity Health Family Preservation Network 11:00 A.M. - 12:00 P.M. Virtual	13 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	14 Mind Matters Para Los Niños 9:00 A.M. - 10:00 A.M. Virtual Heart HELP Para Los Niños 9:00 - 10:30 A.M. Spanish 10:30 -12:00 P.M. English Virtual	15	16

All Classes are
FREE of Charge

Todas las clases
son GRATIS

18 Nutrition Workshop Angelica Lutheran Church 1345 S. Burlington Ave. Los Angeles, CA 90006 10:00 A.M.-11:30 A.M. In-Person Mind Matters YWCA Angeles Mesa Empowerment Center 2501 W Vernon Ave Los Angeles, CA 90008 12:00 P.M. - 1: 00 P.M. In-person	19 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	20 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	21 Mind Matters Para Los Niños 9:00 A.M. - 10:00 A.M. Virtual Heart HELP Para Los Niños 9:00 - 10:30 A.M. Spanish 10:30 -12:00 P.M. English Virtual	22	23
25 Nutrition Workshop Angelica Lutheran Church 1345 S. Burlington Ave. Los Angeles, CA 90006 10:00 A.M.-11:30 A.M. In-Person	26 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	27 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	28	29	30

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

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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				
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