

# January 2026

| Monday | Tuesday                                                                                                                                                            | Wednesday                                                                                                                                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                                                                           | Friday                                                                                                                                         | Saturday |
|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|----------|
|        |                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                 | 1                                                                                                                                                                                                                                                                                  | 2                                                                                                                                              | 3        |
| 5      | <b>6</b><br><b>Heart HELP</b><br><b>CHMC</b><br>1320 W. 15th St.<br>Los Angeles, CA 90015<br>Leavey Hall, 4th floor,<br>room 410.<br>9:00 A.M.<br><b>In-person</b> | <b>7</b><br><b>Emotional Well-being</b><br><b>Support Group</b><br><b>CHMC</b><br>1320 W. 15th St.<br>Los Angeles, CA 90015<br>Leavey Hall, 2nd floor.<br>9:00 A.M.<br><b>In-person</b>                                                                                                                                                         | <b>8</b><br><b>Heart HELP</b><br><b>YWCALA</b><br>7515 Pacific Blvd.<br>Walnut Park, CA 90255<br>9:00 A.M.<br><b>In-person</b>                                                                                                                                                     | 9                                                                                                                                              | 10       |
| 12     | <b>13</b><br><b>Mind Matters</b><br><b>Boys &amp; Girls Club</b><br><b>Markham Middle</b><br><b>School</b><br><b>In-person, Students</b><br><b>only</b>            | <b>14</b><br><b>Mind Matters</b><br><b>Los Alisos Middle</b><br><b>School</b><br>14800 Jersey Ave #5849,<br>Norwalk, CA 90650<br>8:45 A.M. - 10:00 A.M.<br><b>In-person</b><br><br><b>Mind Matters</b><br><b>McKinley Ave</b><br><b>Elementary</b><br>7812 McKinley Ave,<br>Los Angeles, CA 90001<br>8:30 A.M. - 10:00 A.M.<br><b>In-person</b> | <b>15</b><br><b>Mind Matters</b><br><b>Para Los Niños,</b><br><b>Grupo Estrella</b><br>9:00 A.M. - 10:00 A.M.<br><b>Virtual</b><br><br><b>Heart HELP</b><br><b>Loma Vista Elementary</b><br><b>School</b><br>3629 E 58th St,<br>Maywood, CA 90270<br>8:30 A.M.<br><b>In-person</b> | <b>16</b><br><b>Heart HELP</b><br><b>Logan Elementary School</b><br>1711 Montana St,<br>Los Angeles, CA 90026<br>8:30 A.M.<br><b>In-person</b> | 17       |

All Classes are  
**FREE** of Charge

Todas las clases  
son **GRATIS**

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| 19 | <p><b>20</b></p> <p><b>Mind Matters</b><br/><b>YWCA GLA Union Pacific Empowerment Center</b><br/>4315 Union Pacific Ave, Los Angeles, CA 90023<br/>10:00 A.M - 11:00 A.M.<br/><b>In-person</b></p> <p><b>Mind Matters</b><br/><b>Boys &amp; Girls Club of Carson Markham Middle School</b><br/><b>In-person, Students only</b></p> <p><b>Heart HELP</b><br/><b>CHMC</b><br/>1320 W. 15th St.<br/>Los Angeles, CA 90015<br/>Leavey Hall, 4th floor, room 410.<br/>9:00 A.M.<br/><b>In-person</b></p> | <p><b>21</b></p> <p><b>Mind Matters</b><br/><b>McKinley Ave Elementary</b><br/>7812 McKinley Ave,<br/>Los Angeles, CA 90001<br/>8:30 A.M. - 10:00 A.M.<br/><b>In-person</b></p> <p><b>Heart HELP</b><br/><b>Russell Elementary School</b><br/>1263 Firestone Blvd, Los Angeles, CA 90001<br/>8:30 A.M.<br/><b>In-person</b></p>   | <p><b>22</b></p> <p><b>Mind Matters</b><br/><b>Alliance College Ready Middle #12</b><br/>131 E 50th St, Los Angeles, CA 90011<br/>9:00 A.M. - 10:00 A.M.<br/><b>In-person</b></p> <p><b>Heart HELP</b><br/><b>Loma Vista Elementary School</b><br/>3629 E 58th St,<br/>Maywood, CA 90270<br/>8:30 A.M.<br/><b>In-person</b></p> | <p><b>23</b></p> <p><b>Heart HELP</b><br/><b>Logan Elementary School</b><br/>1711 Montana St,<br/>Los Angeles, CA 90026<br/>8:30 A.M.<br/><b>In-person</b></p> | 24 |
| 26 | <p><b>27</b></p> <p><b>Mind Matters</b><br/><b>YWCA GLA Union Pacific Empowerment Center</b><br/>4315 Union Pacific Ave, Los Angeles, CA 90023<br/>10:00 A.M - 11:00 A.M.<br/><b>In-person</b></p> <p><b>Mind Matters</b><br/><b>Boys &amp; Girls Club of Carson Markham Middle School</b><br/><b>In-person, Students</b></p>                                                                                                                                                                       | <p><b>28</b></p> <p><b>Mind Matters</b><br/><b>Los Alisos Middle School</b><br/>14800 Jersey Ave #5849,<br/>Norwalk, CA 90650<br/>8:45 A.M. - 10:00 A.M.<br/><b>In-person</b></p> <p><b>Heart HELP</b><br/><b>Russell Elementary School</b><br/>1263 Firestone Blvd, Los Angeles, CA 90001<br/>8:30 A.M.<br/><b>In-person</b></p> | <p><b>29</b></p> <p><b>Mind Matters</b><br/><b>Alliance College Ready Middle #12</b><br/>131 E 50th St, Los Angeles, CA 90011<br/>9:00 A.M. - 10:00 A.M.<br/><b>In-person</b></p> <p><b>Mind Matters</b><br/><b>Para Los Niños, Grupo Estrella</b><br/>9:00 A.M. - 10:00 A.M.<br/><b>Virtual</b></p>                            | <p><b>30</b></p> <p><b>Heart HELP</b><br/><b>Logan Elementary School</b><br/>1711 Montana St,<br/>Los Angeles, CA 90026<br/>8:30 A.M.<br/><b>In-person</b></p> | 31 |

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|  | <p><b>only</b></p> <p><b>Heart HELP<br/>CHMC</b><br/>1320 W. 15th St.<br/>Los Angeles, CA 90015<br/>Leavey Hall, 4th floor,<br/>room 410.<br/>9:00 A.M.<br/><b>In-person</b></p> |  | <p><b>Heart HELP<br/>Loma Vista Elementary<br/>School</b><br/>3629 E 58th St,<br/>Maywood, CA 90270<br/>8:30 A.M.<br/><b>In-person</b></p> |  |  |
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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://dignityhealth.org/socal/locations/californiahospital>