



WE ARE HERE FOR YOU!



The Los Angeles County Department of Mental Health Antelope Valley Outreach & Engagement Team is here to serve you and your faith communities during the COVID-19 crisis.

We are offering FREE, virtual, non-crisis services for the following:

- Linkage to mental health services
- Case management services (food, diapers, rent assistance, etc.)
- Spiritual Healing Support
- Phone check-in calls from our licensed clinical staff to those who are feeling isolated
- Online groups and trainings (by request in many languages) on topics like resiliency, stress management, dealing with depression and anxiety during COVID-19, etc.

To access these services, please call or email:

Dr. Michele Archambeault @ marchambeault@dmh.lacounty.gov or (213) 334-0653

or

Denise Theus @ CTheus@dmh.lacounty.gov or (213) 247-6678

**For psychiatric emergencies,
please call 911 or contact
the DMH Helpline at 800-854-7771 (open 24/7)**



IT'S NEVER TOO LATE TO LEARN

Grandparent Caregiver Support Group *"A Virtual Mental Health Group"*

Come join us for conversation and education. We strive to support and share resources as we raise our grandchildren.

WHEN: EVERY FRIDAY 1:00 PM-2:00 PM

WHERE: VSEE CLINICAL

CONTACT DENISE FOR VIRTUAL LINK, CALL IN NUMBER OR QUESTIONS AT
CTHEUS@DMH.LACOUNTY.GOV OR (213) 247-6678.





The Los Angeles County Dept. of Mental Health

LIVING THROUGH THE PANDEMIC

"A virtual Mental Health Group"

Tuesdays at 1:00 pm
Virtual meetings on Vsee Clinical

THIS GROUP IS DESIGNED TO TEACH ADULTS ABOUT IMPORTANT LIFE SKILLS NEEDED TO MAINTAIN A SUCCESSFUL AND HEALTHY LIFE DURING DIFFICULT TIMES.

TOPICS WILL COVER

- HEALTH AND WELLNESS
- DEALING WITH STRESS & ANXIETY
- CONFLICT RESOLUTION
- DEALING WITH ANGER
- MINDFULNESS ACTIVITIES &
- RESOURCES DURING COVID-19

TO JOIN A MEETING BY PHONE, DIAL THE CONFERENCE PHONE PLEASE CONTACT DENISE.



ANTELOPE VALLEY HEALTH NEIGHBORHOOD

Operation Motherhood

COME AND GET SUPPORT WHILE
CREATING YOUR OWN VILLAGE

"A VIRTUAL MENTAL HEALTH SUPPORT GROUP"

FACILITATED BY DENISE THEUS, LCSW.

WHEN: TUESDAY'S & THURSDAY'S AT 12:00 P.M.
WHERE: VIRTUAL MEETING ON VSEE CLINICAL.

A SPACE WHERE MOMS OR MOM FIGURES ARE WELCOMED TO EXPRESS THEMSELVES. OUR FOCUS IS TO SUPPORT AND CONNECT WITH MOTHERS IN THE COMMUNITY. IN OPERATION MOTHERHOOD, YOU WILL LEARN COPING SKILLS, SELF-CARE STRATEGIES AND RECEIVE GUIDANCE ON PARENTING THROUGH THIS PANDEMIC. WE WILL COME TOGETHER AND DISCUSS COMMON MENTAL HEALTH ISSUES THAT WOMEN EXPERIENCE AT DIFFERENT STAGES OF THEIR LIVES AND STRATEGIES TO COPE. YOU WILL ALSO BE ABLE TO GAIN RESOURCES DURING COVID-19.

Contact Denise for virtual link, Call-in number or questions at CTheusdmh.lacounty.gov or (213) 247-6678.





SINGLE PARENT EMPOWERMENT GROUP

“Healthy, Wealthy & Wise”

A non-judgmental group for the purpose of empowering single parents (mothers and fathers) to increase their household’s wealth and health through gaining knowledge of resources.



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

Topics include, but not limited to:

Financial Well-Being

Housing

Health

(Physical & Mental)

Education

(DoR, college, etc.)

Link for Virtual Group

<https://meet.lync.com/lacounty-dmh/gmuniz/W7W15N9V>

Or Dial in

323-776-6996

Conference ID: 607921973

3rd Saturday of the Month

Beginning May 16th, 2020

1:00 PM-2:30 PM

Open to the Public

Snacks & Meals

Available for participating group members, based on need

Natalie Williams

(213) 905-9608

NaWilliams@dmh.lacounty.gov

2020

JANUARY

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

MAY

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

SEPTEMBER

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| | | | | | | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

FEBRUARY

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |

JUNE

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | 1 | 2 | 3 | 4 | 5 |
| | | | | | | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

OCTOBER

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | 1 | 2 |
| | | | | | | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

MARCH

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

JULY

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

NOVEMBER

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

APRIL

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

AUGUST

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

DECEMBER

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| | | | | | | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

NOTE: November and December Meetings to Be Determined

The Village

A VIRTUAL MENTAL
HEALTH SUPPORT GROUP FOR
BLACK / AFRICAN AMERICAN MOMS
WEDNESDAYS AT 11 AM

Topics Include:

- Addressing trauma
- Domestic violence
- Empowering African American Women
- Depression, anxiety, and stress
- Postpartum Support
- Building Healthy relationships



For questions please contact Denise at
CTheus@dmh.lacounty.gov
(213) 247 6678



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.