



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.

