

Agenda

MCHA Monthly Meeting

Thursday Jan. 19, 2023

1. We're moving! 350 S. Bixel Suite 150 Los Angeles 90017 (no firm date yet but we can receive mail there now)
2. Review mailing sent
3. CalFresh update - Marcela Marquez, MCHA CalFresh Coordinator
4. EBT theft - Deb Winski, MCHA Health Ed Coordinator/Advocate
5. Guest Speaker: Lucy Quacinella, Multiforum Advocacy Solutions – “Key Health Items in Governor’s Proposed 2023-24 State Budget”
6. Additional Health Updates - Liz Ramirez, MCHA Training Director

From Steve Nish, LABBN:

Mental Health America of Los Angeles (MHALA) is offering a free one-hour Zoom training on physical and mental resiliency. It's not just free — participants receive a \$25 gift card. Learn about self-care, and get 25 bucks — not a bad deal. The one-hour sessions are **today (1/19) at 2pm** and **tomorrow at 3pm**. See attached flyer, or just go here to register:

<https://increaseresiliency.eventbrite.com>

Next MCHA meeting - Thursday Feb. 16, 2023