

UNITED MENTAL HEALTH PROMOTERS

PRESENT



# CELEBRATE EARTH DAY



APRIL 22, 2026

## Wisdom and Wellness

The Celebrate Earth Day event will be an interactive mental health event for older adults 65+. UMHP will teach CRM skills to older adults 65+ to combat social isolation by bringing older adults together to create friendships, increase social connection, increasing coping or wellness skills, and foster a sense of belonging.

## ENJOY

Introduction to CRM CRM Workshop "Tree of Life Exercise"  
Teaching CRM Skills & Resource Intensification

## Free Nutritious Lunch & Group Discussion

### Interactive activities

Garden Rock Painting  
Terracotta Pot Painting  
Plant your own Seeds  
Grow Your Own Micro Greens



**Wednesday, April 22**

11:00 AM – 2 PM



**SHARE! Culver City**  
**6666 Green Valley Cir**  
**Culver City, CA 90230**



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

**Please RSVP using the QR code or visit**

**[www.shareselfhelp.org/umhp](http://www.shareselfhelp.org/umhp)**

If you have questions or need assistance attending the event, please call our UMHP team at 310-845-5279.

