



Community Services  
& Parks



# How to Cope with Isolation and Loneliness

Hosted by: Community Services & Parks  
Presented by: Pacific Clinics

**Tuesday, November 29, 2022**  
**11:30 a.m. - 12:30 p.m.**

**Join Pacific Clinics for a virtual presentation  
about coping with isolation and loneliness.**

**For more information, please call (818) 548-3775.**

Email [CSPCARES@GLENDALECA.GOV](mailto:CSPCARES@GLENDALECA.GOV) with your first name, last name, and your telephone number.  
We will email you a link for you to join the virtual presentation.

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