



Community Services
& Parks

Parks
Make
Life
Better!



Emotional Wellbeing and Stress

January 26, 2024
10:00a.m. - 11:00a.m.

Adult Recreation Center

201 E. Colorado St.
Glendale, CA 91205
Room: MPR B

For More Information,
please call (818) 548-3775.



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



@MyGlendaleParks

Disclaimer: The City of Glendale's Community Services & Parks Department is not affiliated with presenting organization. All topics and speakers are presented for informational purposes. The organizations or speaker's opinions do not necessarily reflect or represent the official policy or position of the City and its Community Services & Parks Department.