**Peer Resource Center @ MRT Behavioral Health Center**

**12021 S. Wilmington Ave. L.A. CA 90059 Bldg.18 First Floor PH: 424-454-5568**

**JUNE 2023**

**\*Coloring, word searches, books and table games are available to visitors all day**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  |  | 1**Music Talk**10am-11am1pm-2pm | 2**Let’s stretch it out**10am-10:45am & 2:00pm-2:45pm**Taller de Salud Mental** 11:00am -12:00pm |
| 5**Happy Dancing** 10am-10:45am2:00pm-2:45pm | 6**Meditation/Mindfulness**10am-10:45am2pm-2:45pm | 7**Create your own artwork**10am-11am & 2pm-3pm **Mental Health Workshops**12:30pm to 1:30pm | 8 **Poetry Time**10am-11am1pm-2pm | 9**Movie Day** 10am-10:45am & 2:00pm-2:45pm**Taller de Salud Mental**11:00am - 12:00pm |
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**Activity Descriptions**

**Happy dance –** informalbody movement to music that releases tensionand increases positive energy

**Meditation –** guided meditation using sounds and quiet space to relax the mind and body

**Mindfulness –** exploring our thoughts and the perspectives of others

**Create your own artwork –** participate in different crafts and artwork for self-expression

**Music talk –** time to talk about music and listen to music while discussing how it impacts us

**Poetry time –** time to share poetry and learn how poetry can help us inspire and be inspired

**Let’s get stretching –** join us in doing some light stretches while sitting or standing

**Movie Day**- grab your healthy snacks and join us for a movie

**Mental Health Workshops-** A series of mental health workshops in English and Spanish provided by

DMH Mental Health Promoters on various topics related to mental health.