



## The Village

A VIRTUAL MENTAL

HEALTH SUPPORT GROUP FOR

BLACK / AFRICAN AMERICAN MOMS

WEDNESDAYS AT 11 AM

## Topics Include:

- Addressing trauma
- Domestic violence
- Empowering African American Women
- Depression, anxiety, and stress
- Postpartum Support
- Building Healthy relationships



For questions please contact Denise at CTheus@dmh.lacounty.gov (213) 247 6678



