

# Support Group

***For community members impacted by stress about recent immigration activities***

***Come join us in a safe space to care for your emotional well-being and receive support and information to help you cope during this difficult time***

**Wednesdays 11:00 AM-12:00 PM, starting June 25, 2025**

- Free and virtual
- No registration, sign-ins, or personal information required
- English and Spanish Support available



**JOIN VIA TEAMS**

**Microsoft Teams**  
[Join Teams Meeting](#)



**For questions, please contact**

Lisa Althen, PhD at (310) 533-6600



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