

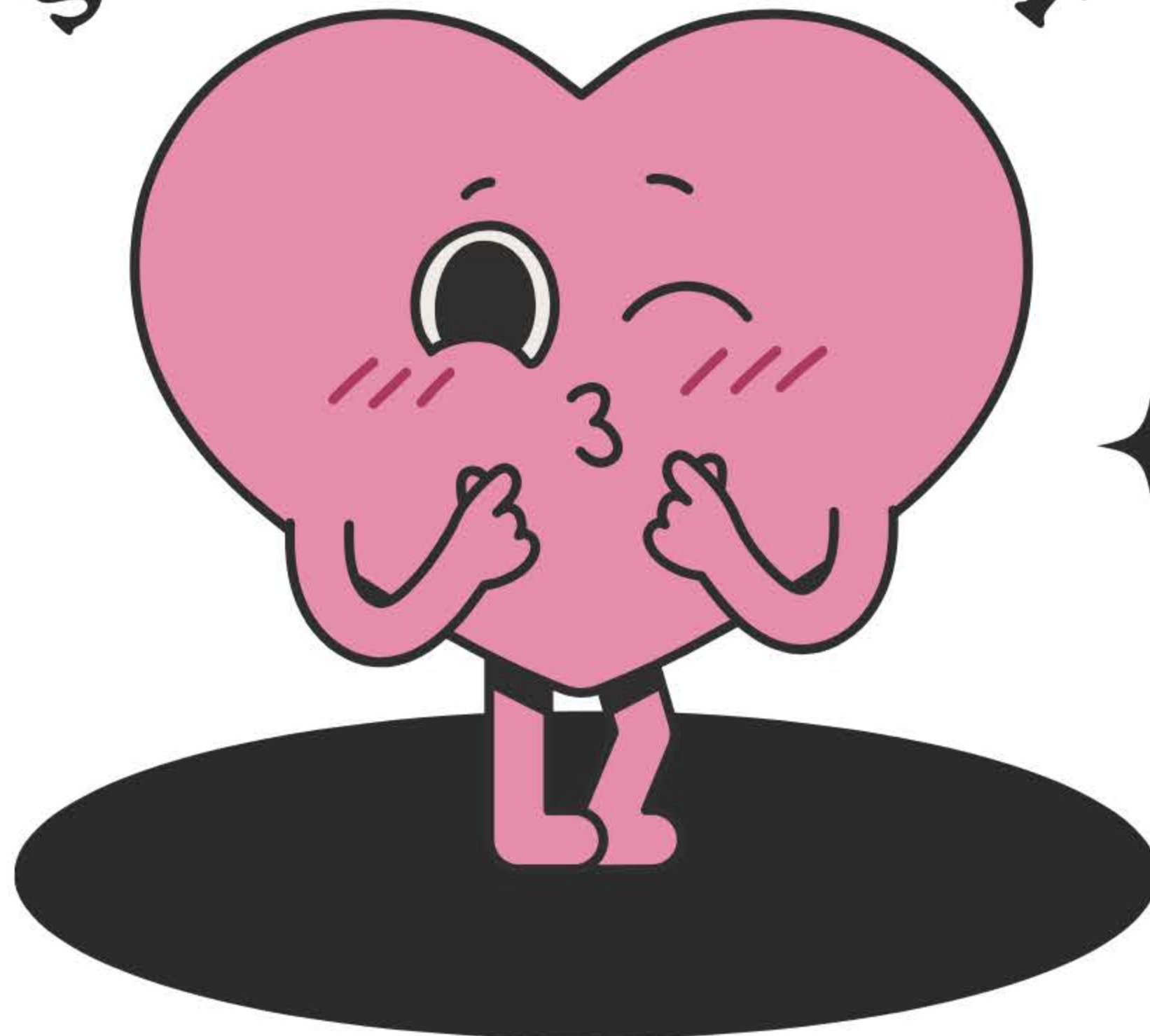


**CITY OF LOS ANGELES DEPARTMENT OF REC AND PARKS.
 ROBERT M. WILKINSON MULTIPURPOSE CENTER
 8956 VANALDEN AVE.
 NORTHRIDGE CA,91324
 (818)756-7741**



WILKINSON.SENIORCENTER@LACITY.ORG

THURSDAY'S SELF HELP SUPPORT



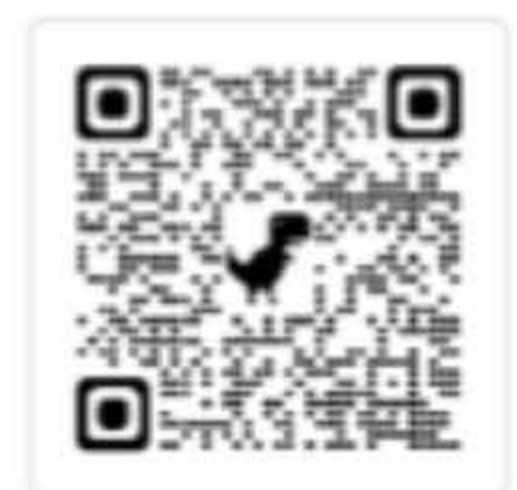
SELF-HELP GROUP
 A SAFE PLACE TO SHARE THEIR LIFE SUCCESSES, PLANS AND PLEASURES OF LIFE.
 A PLACE TO TALK ABOUT STRESSORS AND BUILD STRENGTHS A PLACE TO RECEIVE ACKNOWLEDGEMENT FROM OTHERS OF YOUR LIFE WELL SPENT.
 A PLACE TO CREATE A NEW YOU FILLED WITH CONFIDENCE & COURAGE WITH A NEW SUPPORT SYSTEM.

**SEPTEMBER 26,2024-NOVEMBER 14,2024
 10AM-11AM
 FEE \$3
 PER/CLASS**

REGISTRATION IS OPEN ONLINE OR IN PERSON ROOM #4



Instagram WILKINSON.SENIORCENTER



* PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS.REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS.PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE*