

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3
				<p>10:00am – 11:30am Club de Caminata Click Here To Join Session or Join by Phone: (669) 444-9171 Meeting ID: 884 1524 8746# Passcode: 002265#</p> <p>11:30am – 1:00pm CardioSole Line Dancing Location: CCW Contact Donetta at: (323) 445-4491 to Register Pre-registration Required</p>	<p>9:30am – 11:00am CardioSole Line Dancing Location: CCW Contact Donetta at: (323) 445-4491 to Register Pre-registration Required</p> <p>1:00pm – 3:00pm Pass It Forward Health & Wellness Day Location: CCW Contact La Tijera Avery at: (424) 298-1105 to Register Pre-registration Required</p>
5	6	7	8	9	10
	<p>9:00am – 10:00am La Salud Emocional y el Cerebro: Los Efectos del Covid-19 (Español) Location: CCW</p> <p>10:00am – 11:30am ¡Comidas Navideñas Fáciles y Nutritivas! (Español) Click Here to Join Session or Join by Phone: (669) 444-9171 Meeting ID: 852 1234 0096# Passcode: 443604#</p> <p>11:30am – 1:00pm Coach LT-CardioSole Stretch & Flex Location: CCW Contact Donetta at: (323) 445-4491 to Register Pre-registration Required</p> <p>2:00pm – 3:00pm Recognizing & Responding to an Overdose with Naloxone Click Here to Join Session or Join by Phone: (323) 776-6996 Passcode: 739 217 706#</p> <p>5:45pm – 7:15pm CardioSole Line Dancing Location: CCW Contact Donetta at: (323) 445-4491 to Register Pre-registration Required</p>	<p>11:00am – 12:30pm Anxiety Disorders Click Here To Join Session or Join by Phone: (323) 776-6996 Passcode: 933 248 380#</p> <p>11:00am – 12:30pm ¡Comidas Navideñas Fáciles y Nutritivas! (Español) Click Here to Join Session or Join by Phone: (669) 444-9171 Meeting ID: 852 1234 0096# Passcode: 443604#</p>	<p>10:00am – 12:00pm FREE Food Distribution Event Location: CCW Walk-up only, first-come first-served, while supplies last</p> <p>2:00pm – 3:00pm Understanding the Connection Between Substance Use Disorders and Mental Health Click Here to Join Session or Join by Phone: (323) 776-6996 Passcode: 988 457 567#</p>	<p>10:00am – 11:30am Club de Caminata Click Here To Join Session or Join by Phone: (669) 444-9171 Meeting ID: 884 1524 8746# Passcode: 002265#</p>	<p>9:30am – 11:00am CardioSole Line Dancing Location: CCW Contact Donetta at: (323) 445-4491 to Register Pre-registration Required</p> <p>1:00pm – 2:30pm Space to Dance Location: CCW Contact us at: CurtisTuckerCCW@ph.lacounty.gov to Register Pre-registration Required Registration deadline: December 8th</p>
12	13	14	15	16	17
<p>2:00pm – 3:00pm Youth Suicide Prevention Taskforce (Virtual) Contact The Volunteer Center at: ceo@volcenter.org to Register Pre-registration Required</p>	<p>11:30am – 1:00pm Coach LT-CardioSole Stretch & Flex Location: CCW Contact Donetta at: (323) 445-4491 to Register Pre-registration Required</p> <p>2:00pm – 3:00pm Your Teen and Substance Use Click Here To Join Session or Join by Phone: (323) 776-6996 Passcode: 474 461 290#</p> <p>5:45pm – 7:15pm CardioSole Line Dancing Location: CCW Contact Donetta at: (323) 445-4491 to Register Pre-registration Required</p>	<p>11:00am – 12:30pm Symptoms and Treatments of Depression Click Here To Join Session or Join by Phone: (323) 776-6996 Passcode: 933 248 380#</p> <p>11:00am – 12:30pm ¡Comidas Navideñas Fáciles y Nutritivas! (Español) Click Here to Join Session or Join by Phone: (669) 444-9171 Meeting ID: 852 1234 0096# Passcode: 443604#</p> <p>5:00pm – 6:30pm Becoming the Best Version of Yourself: Communication Skills Workshop for Youth Location: CCW Contact Caryn at: (323) 321-8000 to Register Pre-registration Required</p>	<p>9:00am – 10:30am ¡Comidas Navideñas Fáciles y Nutritivas! (Español) Location: CCW</p>	<p>10:00am – 11:30am Club de Caminata Click Here To Join Session or Join by Phone: (669) 444-9171 Meeting ID: 884 1524 8746# Passcode: 002265#</p> <p>11:30am – 1:00pm CardioSole Line Dancing Location: CCW Contact Donetta at: (323) 445-4491 to Register Pre-registration Required</p>	<p>9:30am – 11:00am CardioSole Line Dancing Location: CCW Contact Donetta at: (323) 445-4491 to Register Pre-registration Required</p> <p>1:00pm – 3:00pm Pass It Forward Health & Wellness Day Location: CCW Contact La Tijera Avery at: (424) 298-1105 to Register Pre-registration Required</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 10:00am – 11:30am Holiday Blues- Presented by Dr. Fakhrabadi Click Here To Join Session	20 11:30am – 1:00pm Coach LT CardioSole Stretch & Flex Location: CCW Contact Donetta at: (323) 445-4491 to Register Pre-registration Required 2:00pm – 3:00pm Recognizing and Responding to and Overdose with Naloxone Click Here To Join Session or Join by Phone: (323) 776-6996 Passcode: 196 800 530# 5:45pm – 7:15pm CardioSole Line Dancing Location: CCW Contact Donetta at: (323) 445-4491 to Register Pre-registration Required	21 11:00am – 12:30pm Mental Health and Stigma Click Here To Join Session or Join by Phone: (323) 776-6996 Passcode: 933 248 380# 11:00am – 12:30pm ¡Comidas Navideñas Fáciles y Nutritivas! (Español) Click Here to Join Session or Join by Phone: (669) 444-9171 Meeting ID: 852 1234 0096# Passcode: 443604#	22 12:00pm – 3:00pm “New You” Resource Fair Location: CCW 2:00pm – 3:00pm Your Teen and Vaping Click Here To Join Session or Join by Phone: (323) 776-6996 Passcode: 460 595 876#	23 10:00am – 11:30am Club de Caminata Click Here To Join Session or Join by Phone: (669) 444-9171 Meeting ID: 884 1524 8746# Passcode: 002265# 11:30am – 1:00pm CardioSole Line Dancing Location: CCW Contact Donetta at: (323) 445-4491 to Register Pre-registration Required	24 Christmas Eve Holiday Observance CCW Closed
26 Christmas Day Holiday Observance CCW Closed	27 11:30am – 1:00pm Coach LT- CardioSole Stretch & Flex Location: CCW Contact Donetta at: (323) 445-4491 to Register Pre-registration Required 5:45pm – 7:15pm CardioSole Line Dancing Location: CCW Contact Donetta at: (323) 445-4491 to Register Pre-registration Required	28 11:00am – 12:30pm Immigration, Adaption and Resilience Click Here To Join Session or Join by Phone: (323) 776-6996 Passcode: 933 248 380#	29 2:00pm – 3:00pm Recognizing and Responding an Overdose with Naloxone Click Here To Join Session or Join by Phone: (323) 776-6996 Passcode: 909 468 129#	30 11:30am – 1:00pm CardioSole Line Dancing Location: CCW Contact Donetta at: (323) 445-4491 to Register Pre-registration Required	31 New Year’s Eve Holiday Observance CCW Closed

