

Subject: OVP: Upcoming Teen Mental Health Summits



Los Angeles County Office of Violence Prevention

Upcoming Teen Mental Health Summits



Dear County and Community Partners,

As we approach the midpoint of the academic year, youth mental health and well-being is more important than ever.

OVP is proud to work with many of our partners to host **Rise, Reclaim, Restore** – our first ever series of Teen Mental Health Summits.

Attendees of the Rise, Reclaim, Restore Mental Health Teen Summits will participate in an inspiring, empowering event dedicated to providing mental health

education and support to young people. Through engaging workshops and interactive activities, teens will be equipped with the tools to navigate their mental well-being, support their friends, and become leaders in their schools. Together, we will explore strategies for practicing self-care, developing coping skills, and building resilience!

We are excited to share the dates of the first three of five summits. One summit will be held in each Supervisorial District.

South Los Angeles (District 2)	Saturday, December 9, 2023 Earvin "Magic" Johnson Park
Antelope Valley (District 5)	Saturday, January 20, 2024 Sgt. Steve Owen Memorial Park
East Los Angeles (District 1)	Saturday, February 3, 2024 Langely Senior Center
West Los Angeles (District 3)	To be announced!
South Bay (District 4)	To be announced!

We invite you to register your teen for this event and kindly ask that you share information about the summits broadly with friends, neighbors, and community partners!

[>>> Rise Reclaim Restore Teen Mental Health Summit Flyer<<<](#)

[**Click here to register or for more information about Rise, Reclaim, Restore: A Teen Mental Health Summit**](#)

COMING UP: Youth Mental Health First Aid Trainings hosted by OVP in English and Spanish

In our continuing effort to support the mental health of young people, we are hosting an additional two Youth Mental Health First Aid trainings.

Youth Mental Health First Aid (YMHFA) equips participants with the knowledge and tools to confidently address mental health and substance use concerns among young individuals. YMHFA provides an action plan to safely identify and respond to someone dealing with a mental health problem or experiencing a crisis.

We invite you to join this important training to better understand common mental health challenges and make a positive impact in your community. The training includes breakfast, lunch, and a certificate of completion for all attendees.



Youth Mental Health First Aid (for Spanish Speakers)

Friday, December 8, 2023 (8:30 AM – 5 PM)

Location: Mary Rodriguez Senior Citizen's Center
21815 Pioneer Blvd,
Hawaiian Gardens, CA 9071

[>> YMHFA Training Flyer \(Spanish Speakers\)](#)

[Sign up via Eventbrite](#)



Youth Mental Health First Aid (for English Speakers) - Waitlist Only

Friday, December 15, 2023 (8:30 AM – 5 PM)

Location: Crossroads United Methodist Church
2354 N Wilmington Ave,
Compton, CA 90222

[>> YMHFA Training Flyer \(English Speakers\)](#)

[Sign up via Eventbrite](#)

As we approach the end of the year, the OVP team is grateful to all of you, who have engaged with us in this work, whether it be by attending one of our events, signing a pledge card, or advocating for gun safety in your community. We are fortunate to have such dedicated partners as we work together to achieve our common goal of preventing gun violence and creating safer communities.

Warmly,
Andrea Welsing, Executive Director
Los Angeles County Office of Violence Prevention



Want to get in touch?

OVP Communications

ovp@ph.lacounty.gov

626.293.2610

ph.lacounty.gov/ovp

Update your subscriptions, modify your password or email address, or stop subscriptions at any time on your [Subscriber Preferences Page](#). You will need to use your email address to log in. If you have questions or problems with the subscription service, please visit subscriberhelp.govdelivery.com.

This service is provided to you at no charge by [County of Los Angeles](#).

This email was sent using GovDelivery Communications Cloud to madeline.roachell@dcs.lacounty.gov on behalf of: County of Los Angeles, California · 500 W. Temple St. · Los Angeles 90012