



THE HAVEN AT COLLEGE

Coping with the Stress & Anxiety of the LA County Fires

You don't have to face these difficult times alone. Join us for support and connection to navigate this crisis together. Our staff is available to assist those affected by the LA County fires through next week.

Offering

- A supportive forum to process anxiety and stress
- Guided discussions led by our clinical staff, sharing strategies for emotional well-being
- Information on resources for emergency assistance, shelters, and mental health services
- Peer support from others experiencing similar challenges

When



M-F, January 9th - January 17th, 2025



1:00 PM - 2:00 PM PST



Meeting ID: 824 4319 4712

Password: 622514

Click [here](#) for Zoom link



888.224.2836



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