

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
	<p>10:30 AM Motivación Interna Grupo de Apoyo (ESPAÑOL) Download Flyer HERE</p> <p>1 PM Coping with COVID (ENGLISH) Download Flyer HERE</p> <p>2 PM The Power of Healing (ENGLISH) Download Flyer HERE</p> <p>3 PM Vaping: What we Need to Know (ENGLISH) Download Flyer HERE</p>	<p>10:30 AM La Vida en La Pandemia (ESPAÑOL) Download Flyer HERE</p> <p>3 PM CORE: Stigma and Substance Use Disorder (ENGLISH) Download Flyer HERE</p>	<p>6 PM CORE: Recognizing and Responding to an Overdose using Naloxone (ENGLISH) Download Flyer HERE</p>	
11	12	13	14	15
	<p>10:30 AM Motivación Interna (ESPAÑOL) Download Flyer HERE</p> <p>1 PM Sobrellevando COVID (ESPAÑOL) Download Flyer HERE</p> <p>2 PM The Power of Healing (ENGLISH) Download Flyer HERE</p> <p>3 PM Vapeo: Lo Que Debemos Saber (ESPAÑOL) Download Flyer HERE</p> <p>5 PM CalFresh Health Living Series: Build a Healthy Plate (ENGLISH/ ESPAÑOL) Download Flyer HERE</p>	<p>10:30 AM La Vida en La Pandemia (ESPAÑOL) Download Flyer HERE</p> <p>3 PM CORE: How to Talk to Your Loved Ones about Substance Use Disorders (ENGLISH) Download Flyer HERE</p>	<p>4:00 PM Creating Healthy Habits in 2021 (ENGLISH) Download Flyer HERE</p> <p>6 PM CORE: Recognizing and Responding to an Overdose using Naloxone (ENGLISH) Download Flyer HERE</p>	
18	19	20	21	22
Martin Luther King, Jr. Day	<p>10:30 AM Motivación Interna (ESPAÑOL) Download Flyer HERE</p> <p>1 PM Coping with COVID (ENGLISH) Download Flyer HERE</p> <p>2 PM The Power of Healing (ENGLISH) Download Flyer HERE</p> <p>3 PM Prescription Drug, Over the Counter, & Opioid Misuse/Abuse (ENGLISH) Download Flyer HERE</p> <p>5 PM CalFresh Healthy Living Series: Plan Healthy Meals (ENGLISH/ ESPAÑOL) Download Flyer HERE</p>	<p>10:30 AM La Vida en La Pandemia (ESPAÑOL) Download Flyer HERE</p> <p>3 PM CORE: Relapsed Prevention and Healthy Coping (ENGLISH) Download Flyer HERE</p>	<p>6 PM CORE: Recognizing and Responding to an Overdose using Naloxone (ENGLISH) Download Flyer HERE</p>	
25	26	27	28	29
	<p>10:30 AM Motivación Interna (ESPAÑOL) Download Flyer HERE</p> <p>1 PM Sobrellevando COVID (ESPAÑOL) Download Flyer HERE</p> <p>2 PM The Power of Healing (ENGLISH) Download Flyer HERE</p> <p>3 PM Taller para la Prevención del Uso Inadecuado y Abuso de Drogas (ESPAÑOL) Download Flyer HERE</p> <p>5 PM CalFresh Healthy Living Series: Shop on a Budget Download Flyer HERE</p>	<p>10:30 AM La Vida en La Pandemia (ESPAÑOL) Download Flyer HERE</p> <p>3 PM CORE: Your Teen and Substance Use (ENGLISH) Download Flyer HERE</p>	<p>6 PM CORE: Recognizing and Responding to an Overdose using Naloxone (ENGLISH) Download Flyer HERE</p>	

For more information about any of our workshops/classes please email us at WhittierWC@ph.lacounty.gov

To partner with us please complete an interest form by clicking [here](#)

To be added to our listserv please click [here](#)