



## THRIVING TOGETHER: NURTURING WELLNESS IN THE FAMILY AND IN YOU

*Panel Discussion, Workshops  
and Resource Fair*

**SATURDAY, MAY 31 | 10 A.M. - 2 P.M.**

**EL CAMINO COLLEGE | CAMPUS THEATRE**

**FREE PARKING: REDONDO BEACH BLVD. PARKING LOTS J AND K**  
(Redondo Beach Blvd. & Crenshaw Blvd.)

SPONSORED BY  
THE OFFICE OF THE  
PRESIDENT AND LIBRARY  
& LEARNING RESOURCES

In partnership with the National Coalition of 100 Black Women, Inc. – Los Angeles Chapter and the California Black Women's Health Project this event will explore how trauma moves through generations and its profound effects on family units and individual lives. Expert panelists, interactive workshops and the resource fair will provide valuable insights, strategies, and support systems to address these impacts effectively.



### Event Highlights:

- Wellness Activities
  - Plant Therapy
  - Art Therapy
  - Stretch and Flow
  - Yoga
  - Pet Therapy Dogs
- Expert Wellness Panel Discussion
- Educational Workshops
- Resource Vendor Fair
- Storytelling for Children
- Healthy Food/Cooking Demonstrations
- FREE Food & Refreshments

View the full schedule at [www.elcamino.edu/community](http://www.elcamino.edu/community).

### RSVP Online:



[www.elcamino.edu/  
community](http://www.elcamino.edu/community)

**Accommodations:** If you anticipate needing any type of accommodation, or have questions about the physical access provided, email [lcbooks@elcamino.edu](mailto:lcbooks@elcamino.edu).



LOS ANGELES COUNTY  
**DEPARTMENT OF  
MENTAL HEALTH**  
hope. recovery. wellbeing.



The El Camino Community College District is committed to providing an educational and employment environment in which no person is subjected to discrimination on the basis of actual or perceived race, color, ancestry, national origin, religion, creed, age (over 40), disability (mental or physical), sex, gender (including pregnancy and childbirth), sexual orientation, gender identity, gender expression, medical condition, genetic information, marital status, military and veteran status, or retaliation; or on any other basis as required by state and federal law.



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