



**City of Los Angeles Department Of Rec and Parks
Robert M. Wilkinson Multipurpose Center.**



8956 Vanalden Ave.

Northridge Ca, 91324

(818)756-7741

Wilkinson.seniorcenter@lacity.org

Thursday's Self Help



Support

- ◆ SENIOR WOMEN'S SELF-HELP GROUP
- A safe place for women to share their life successes, plans and pleasures of life.
- A place to talk about stressors and build strengths A place to receive acknowledgement from others of your life well spent.
- A place to create a new you filled with confidence & courage with a new support system.

8 WEEK SESSION

AUGUST 1,2024-SEPTEMBER 19,2024

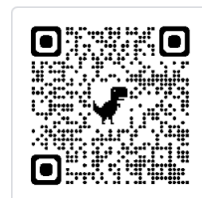
10AM-11AM

SESSION FEE \$25

Registration is open on line or in person#4



Instagram WILKINSON.SENIORCENTER



* PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS.PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE*