



City of Monterey Park News Release

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Celebrate Mental Health Month at the MPK Mental Health and Wellness Fair

Monterey Park, Calif. — May 1, 2023 — Community members are invited to attend the 2023 City of Monterey Park Mental Health and Wellness Fair on Saturday, May 20, 2023 from 10 a.m. to 2 p.m. at [Langley Senior Center](#).

Attendees will visit with a variety of organizations from all over Los Angeles County that provide mental health services, support for families and legal assistance for those caring for someone with mental illness. There will be giveaways and free COVID vaccinations provided by Garfield Health Center. Free refreshments will be provided to the first 100 participants from a generous sponsorship by Chinatown Service Center Los Angeles.

May is the month to bring awareness to individuals living with mental health or behavioral disorders to reduce the stigma these individuals experience. Many do not receive care due to a lack of access to mental health services and shame. Join City of Monterey Park [Recreation and Community Services Department](#) and [Monterey Park Bruggemeyer Library](#) by learning how to reduce the stigma which includes education, learning about treatment options, or joining a support group.

This event is free to the public. Langley Senior Center is located at 400 W. Emerson Avenue, Monterey Park, CA 91754. For more information about the event, visit www.montereypark.ca.gov/healmpk or call Adult Reference Services at 626-307-1368 or Langley Senior Center at 626-307-1395.

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