



**MHALA**  
Mental Health America of Los Angeles

Military Resource Center: Newhall SPA2  
Upcoming Self-Care Events & Food Distribution  
22320 Lyons Ave.  
Newhall, CA. 91350

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Hot Meal </p> <p>Food Distribution </p> <p>Hot Showers </p> <p>Clothes Distribution </p>	<p>Diaper Distribution Everyday</p> <p>- Only available at MEND</p> <p>10641 San Fernando Rd. </p> <p><b>*CALL FIRST</b> (818)686-7323</p>	<p>Self-Care Event </p> <p>Laundry </p>	<p>Meet Each Need w/ Dignity </p> <p>10641 San Fernando Rd. 9a-12p </p> <p>North Valley Caring Serv </p> <p>15453 Rayen St. 91343 </p> <p>DRIVE THRU 830A-1130A</p>	<p>Oasis Foursquare Church </p> <p>8856 Kester Ave. 10a-1130 </p> <p>Our Redeemer Lutheran Church </p> <p>20025 Chase St 10a-11:30a </p> <p>HOT LUNCH 12p </p>	<p>Meet Each Need w/ Dignity </p> <p>10641 San Fernando Rd. 9a-12p </p> <p>North Valley Caring Service </p> <p>15453 Rayen St. 91343 </p> <p>DRIVE THRU 830A-1130A</p>	<p>Higher Vision Food </p> <p>27053 Honby Ave. </p> <p>28776 The Old Rd. 9a-11a </p> <p>FISH of West Valley </p> <p>20440 Lassen 1p-3p </p>
<p>St. Nicholas Episcopal Church </p> <p>17114 Ventura Blvd. Encino 2:30-4p </p> <p>FISH of West Valley </p> <p>20440 Lassen St. 9a-12p 5p </p>	<p>Meet Each Need w/ Dignity </p> <p>10641 San Fernando Rd. 9a-12p </p> <p>North Valley Caring Serv </p> <p>15453 Rayen St. 91343 </p> <p>DRIVE THRU 830A-1130A</p>	<p>St. Nicholas Episcopal Church </p> <p>17114 Ventura Blvd. Encino 2:30p-4p </p> <p>Meet Each Need w/ Dignity </p> <p>San Fernando Rd. 9a-11a </p>	<p>Meet Each Need w/ Dignity </p> <p>10641 San Fernando Rd. 9a-12p </p> <p>North Valley Caring Service </p> <p>15453 Rayen St. 91343 </p> <p>DRIVE THRU 830A-1130A</p> <p>Car Seat Safety Workshop </p> <p>7555 Van Nuys Boulevard 10a-12</p>	<p>Oasis Foursquare Church </p> <p>8856 Kester Ave. 10a-1130 </p> <p>Our Redeemer Lutheran Church </p> <p>20025 Chase St 10a-11:30a </p> <p>HOT LUNCH 12p </p> <p>Request assistance with clothing</p>	<p>Meet Each Need w/ Dignity </p> <p>10641 San Fernando Rd. 9a-12p </p> <p>North Valley Caring Service </p> <p>15453 Rayen St. 91343 </p> <p>DRIVE THRU 830A-1130A</p>	<p>Higher Vision Food </p> <p>27053 Honby Ave. </p> <p>28776 The Old Rd. 9a-11a </p> <p>FISH of West Valley </p> <p>20440 Lassen 1p-3p </p>
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<p>St. Nicholas Episcopal Church </p> <p>17114 Ventura Blvd. Encino 2:30-4p </p> <p>FISH of West Valley </p> <p>20440 Lassen St. 9a-12p 5p </p>	<p>Meet Each Need w/ Dignity </p> <p>10641 San Fernando Rd. 9a-12p </p> <p>North Valley Caring Serv </p> <p>15453 Rayen St. 91343 </p> <p>DRIVE THRU 830A-1130A</p>	<p>St. Nicholas Episcopal Church </p> <p>17114 Ventura Blvd. Encino 2:30p-4p </p> <p>Meet Each Need w/ Dignity </p> <p>San Fernando Rd. 9a-11a </p>	<p>Meet Each Need w/ Dignity </p> <p>10641 San Fernando Rd. 9a-12p </p> <p>North Valley Caring Serv </p> <p>15453 Rayen St. 91343 </p> <p>DRIVE THRU 830A-1130A</p>	<p>Oasis Foursquare Church </p> <p>8856 Kester Ave. 10a-1130 </p> <p>Our Redeemer Lutheran Church </p> <p>20025 Chase St 10a-11:30a </p> <p>HOT LUNCH 12p </p> <p>Request assistance with clothing</p>	<p>Meet Each Need w/ Dignity </p> <p>10641 San Fernando Rd. 9a-12p </p> <p>North Valley Caring Service </p> <p>15453 Rayen St. 91343 </p> <p>DRIVE THRU 830A-1130A</p> <p><b>Halloween</b> </p>	<p></p> <p>Thank you for your service!</p>