



# MATERNAL & FAMILY CULTURAL WELLNESS



## EVENT

Birth to 3 years old

**May 4, 2025**

**10:00a.m.–3:00p.m.**

**Rio Hondo Park**

**8399 San Luis Potosi Pl**

**Pico Rivera, CA 90660**



WELLNESS • RECOVERY • RESILIENCE



### Event Activities will include:

- Community sharing circle
- Interactive activities for children
- Grounding workshop featuring yoga or breathwork techniques
- Discussion focused on maternal mental health and wellness
- Wisdom and insights on caregiving shared by Elders

ADA accommodations requests can be sent to:

**EMAIL:** [info.vivaplay@gmail.com](mailto:info.vivaplay@gmail.com)

**PHONE:** (562) 395-0339



[www.vivaplayparenting.podia.com](http://www.vivaplayparenting.podia.com) | [www.takeactionLA.com](http://www.takeactionLA.com)