

# CELEBRATING HEALTH MONTH

## Understanding and Addressing Your Child's Stress

Youth experience and express stress differently than the adults around them. Gain insight into how the unique stressors of these times impact our youth and what we can do about it. Presented by Gabriel Young, PhD, LMFT, Pacific Oaks College. *For adults.* To attend [sign up here](#).  
**Wednesday, June 9** • 5 p.m. • Zoom

## Kaiser Permanente Bernard J. Tyson School of Medicine: A New Vision for Medical Education

Senior Associate Dean for Academic and Community Affairs Maureen T. Connelly, MD, MPH and Community Engagement Director Rose A. Rodriguez, JD will share information about the medical school and its role in the Pasadena community. To attend [sign up here](#).  
**Wednesday, June 23** • 5 p.m. • Zoom

## Aging in Pasadena

Join Pasadena Village's Executive Director Katie Brandon for an overview of aging in the City of Roses. From the earliest Tongva inhabitants to today's residents, older Pasadenans have engaged in leisure activities, mental stimulation and social interaction, and their legacy has shaped where we are today. Enjoy a glimpse of the life of older adults, some of the non-profits that serve those from the Boomer and Silent generations, and hear from guest speakers from Pasadena Village, an intentional community of seniors who live independently in their own homes. To attend [sign up here](#).  
**Wednesday, June 30** • 5 p.m. • Zoom

## JUNE HEALTH MONTH LA LAW LIBRARY CLASSES Rights, Protections, and Benefits for California Employees Affected by COVID-19

If your employment has been affected by the COVID-19 crisis, it's hard to know what your rights are and which benefits are available – and it can be even harder to figure out what to do if your rights are violated or your benefits denied. In this class, learn about new protections for California employees, how pre-pandemic laws may also protect you if you have been fired, discriminated against, or retaliated against due to the impact of COVID-19, and the remedies available if your rights are violated. To attend [sign up here](#).

## Service Animals: What You Need to Know

Gain a basic understanding of legal rights and responsibilities involved in the use of service and emotional support animals. This presentation will focus on various laws, such as the ADA, Section 504, and the Fair Housing Act, as they relate to service dogs and emotional support animals in business establishments and housing. To attend [sign up here](#).

## Applying for SSI with a Mental Health Disability: 5 Things to Know

When an individual with a mental health disability is trying to decide whether to apply for Supplemental Security Income (SSI) or Social Security Disability Income (SSDI) benefits, there are many questions to be considered. How will I prove to the Social Security Administration that I am disabled? What kind of treatment history do I need? What benefits do I qualify for?

This training will cover the SSI/SSDI application process, the steps to take before applying, the kinds of information to gather, and the resources available in Los Angeles County to help you submit a successful application. To attend [sign up here](#).

## Housing Rights of Tenants with Mental Health Disabilities

This training will focus on the rights granted by fair housing laws to tenants with disabilities, including mental health disabilities. Topics covered will include how tenants can use the protections under fair housing laws to advocate for a reasonable accommodation, request an accommodation and negotiate with landlords through an interactive process to reach agreement. Situations like the need for emotional support animals, accommodations during threatened eviction and third-party payments will be discussed. To attend [sign up here](#).

## Do I Need a Power of Attorney or a Conservatorship?

This workshop is designed to help you understand the different types of powers of attorneys and and important considerations to make when executing a legal instrument giving authority to someone else to assist with decision-making. Learn the difference between supported decision-making and substitute decision-making. To attend [sign up here](#).