

MINDFULNESS SERVICES

AGENCY/CONTACT INFORMATION	DESCRIPTION OF SERVICES	POPULATION SERVED	WEBSITE
Headspace	L.A. County residents can receive a free subscription for the mindfulness and meditation app.	<ul style="list-style-type: none"> • Los Angeles County residents. 	https://www.headspace.com/lacounty
Kaiser Permanente	Online tips and resources for mindfulness practices.	<ul style="list-style-type: none"> • Open to the public 	https://healthy.kaiserpermanente.org/health-wellness/mental-health/tools-resources/mindfulness
Los Angeles County Library	Online tips and resources designed to help maintain mental well-being.	<ul style="list-style-type: none"> • Open to the public 	www.lacountylibrary.org/mindfulness-tips/
The Tree Yoga	Outdoor yoga located at Circle Park in Inglewood. Virtual meditation classes. English and Spanish classes available.	<ul style="list-style-type: none"> • Open to the public • Sliding scale pricing 	https://thetreeyogacoop.org/thetreeyogacoopertivestory
UCLA Mindfulness Awareness Research Center	Free Guided Meditations.	<ul style="list-style-type: none"> • Open to the public 	www.uclahealth.org/marc/mindful-meditations
Valley Beth Shalom 15739 Ventura Blvd. Encino, CA 91436 (818) 788-6000	Jewish Prayer through Meditation. Offer Shabbat-on-Tuesday 10:30am via Zoom, Wednesday Shacharit Meditation via Zoom.	<ul style="list-style-type: none"> • Open to the public 	www.vbs.org/efshar