

# “Foster Youth & Families Dance and Move for Mental Health Month”



**Join the Fun!**



In partnership with Take Action LA, the Healing Art Center proudly presents our first Outdoor Dance & Movement Celebration in honor of Mental Health Month. This uplifting community event is designed especially for foster, adoptive, resource, and kinship youth and families. Join us for an inspiring experience that brings together music, movement, and positive energy to promote emotional wellness, physical health, connection, and joy. Enjoy fresh air, vibrant music, and a welcoming space where youth and families can dance, socialize, and prioritize their mental well-being in a safe and supportive environment. Come ready to move, connect, and celebrate wellness together.

**Date:** Sunday, May 17<sup>th</sup>, 2026

**Dance Host:** Nicole Grant

**Time:** 2:00 PM - 5:00 PM

**Music:** Kid and Family Friendly Music

**Location:** LA Galaxy Park: 1800 Avalon Blvd, Carson CA 90746

**DJ:** RhythMix

Lot 15 & 10 Free Parking

**Dance Snack Bag:** Water, Snack Bar, and Fruit.

**Dress Code:** Comfortable attire to dance in!

- Resources
- Space to Dance

**Register Now!**

Tickets for the dance event are **Free**, click on the link and register below!

- **Registration:** <https://form.jotform.com/260528555637061>



- **Parking: Free**
- **All minors must be accompanied by an adult.**

We look forward to seeing you there! If you have any questions, or ADA accessibility support, please contact: **Tracey Walters**, 424-227-2586.