



*Outdoor Lunch Picnics*

### **L.A.D.M.C. Intensive Outpatient**

**Program** provides individual, inclusive, and combined services to enable clients to maximize their full potential:

- Individual, group, and family therapy
- Case Management
- Medication support services
- Crisis Intervention
- Community referrals

## **Who We Are**

### **About Us**

Our Outpatient Program Services connects adults to services and resources. We provide a safe and friendly environment. Learn to maintain a stable & healthy lifestyle.

### **Contact Us**

To learn more or to schedule a guest visit, call our program at (626) 288-1160.

Ingleside Campus

Phone: [626.288.1160](tel:626.288.1160)

Web: <https://ladowntownmc.com/>



# Outpatient Program Services

*Intensive Outpatient Program  
(I.O.P.)  
Monday – Friday  
10 AM to 2 PM*



Outpatient Program  
Services  
7500 E. Hellman Ave.  
Rosemead, CA 91770



### L.A. Downtown Medical Center's Mission

*"To deliver compassionate, high quality care to our patients and better healthcare to our community."*

### L.A. Downtown Medical Center's Values

- **Quality** – We are committed to providing superior care and performance.
- **Compassion** – We are honored to be trusted partners who Serve, Give Back, and Grow with our Community.
- **Humility** – "Thank you" is the best prayer than anyone can say. "Thank you expresses extreme gratitude, humility, and understanding."

- Alice Walker

### Nutrition Education

Enjoy delicious, healthy treats and easy-to-follow recipes with our dietitian.



© Golden State Fruit

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*"I love the food, making friends, and learning to be better."*  
*– I.O.P. Client*

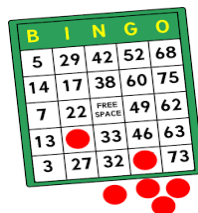
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### Medication Education

Learn from our psychiatrist, Ask away! Medication education sessions available.

### Activities

Come play BINGO! Earn prizes and treats!



Patient Birthday Celebration

### Our Services

- Group Therapy
- Case Management
- Routine meetings with a psychiatrist
- One-on-one therapy with psychologist
- Free Store goodies
- Breakfast, Lunch & Snacks
- Holiday Celebrations/ Activities

### Payment Options

MediCare Insurance needed.