



ILWU-PMA BENEFIT PLANS



Mental Health Resource Fair

**No registration required!
Come for the food!
Maybe win a prize!
Always leave with valuable
information.**

**Supporting the mental
health and wellness of
waterfront workers and
their families with
resources, knowledge, and
support to help them thrive.**

Come by and be Informed!



Resources Available For:

**August 13, 2025
11 AM - 2 PM**

**ILWU Memorial Hall
231 W. C Street
Wilmington, CA.**



- Trauma & PTSD
- Anxiety & Depression
- Grief & Suicidal Thoughts
- Relationship & Marital Issues
- Substance Use & Addictions
- Adolescent Support Services
- And much more!

