



## ***Mental Health 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 & be Informed!**



### **Resources Available For:**

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

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

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







**BENEFIT PLANS**

# RETIREMENT WORKSHOP

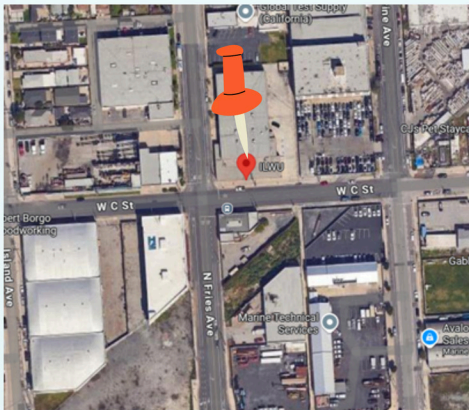


**PRESENTED BY:**

**Your ILWU-PMA Benefit Plans**

**So. Cal. Area Directors**

***SAM ALVARADO AND ROBIN LEAKE***



## **INFORMATION ON YOUR PENSION PLAN**

- *Do you qualify?*
- *Information on "The Bridge"*
- *Information on "The Window"*
- *Medical coverage after retirement*
- *When to sign up for Medicare*

**Thursday, August 28th  
12:00 P.M. - 2:00 P.M.**

**ILWU MEMORIAL HALL  
231 W. "C" Street  
Wilmington, CA 90744**



**RESERVATIONS NOT NECESSARY**

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