



# City of Monterey Park News Release

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## Monterey Park to Host Resiliency Day Event Focused on Community Strength and Healing

Monterey Park, Calif. — January 7, 2026 — Community members are invited to gather at Barnes Park on Saturday, January 17, 2026 from 10 a.m. to 2 p.m. for [Resiliency Day](#), a day of community renewal, remembrance and hope. Resiliency Day recognizes the events of January 21, 2023 while promoting strength and healing through community connection.

At this free family event, attendees of all ages can enjoy music and live performances and connect with other community members through activities including taiko drumming, tai chi and karaoke. Programs such as meditative poetry writing and music therapy offer opportunities for contemplation and creativity. For those seeking information and support, the Resiliency Fair allows attendees to talk one-on-one with community organizations working in mental health, physical health and social services. The day also offers a range of engaging activities for children including crafts, bubbles and sensory play.

Resiliency Day is hosted by the City of Monterey Park with the support of [Chinatown Service Center](#). For more information, please contact [Recreation and Community Services](#) at 626-307-1388 or visit the Resiliency Day webpage at [www.montereypark.ca.gov/resiliencyday](http://www.montereypark.ca.gov/resiliencyday). Barnes Park is located at 350 S. McPherrin Ave., Monterey Park, CA 91754.

### Media Contact

City Manager's Office

626-307-1255

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