



Peer Support Group Calendar

All support groups are free to anyone in the community 18 or older to attend.

The Support can be one on one or in groups, which can help individuals with life challenges and mental health struggles.

Discovery Resource Center
1529 East Palmdale Blvd Suite 328 3rd Floor
Phone # (661) 947-1595



Groups on Tuesdays and Thursdays will be held at:

Mental Health America of Los Angeles
506 W Jackman St, Lancaster, CA 93534

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	1(IN PERSON ONLY) 12pm: Boundaries Group 1pm: Progress Over Perfection(PR) 2pm: Wellness & Nutrition Circle	2(In Person at Lancaster MHALA) 10am: Hope and Cope 11am: Employment Group 1pm: Lets Talk	3(IN PERSON ONLY) 11am: Embrace Your Thoughts Journaling 12pm: Improve Your Mood 1pm: Social Corner (PR) 2pm: Karaoke/Open Mic	4(In Person at Lancaster MHALA) 10am: Breaking Barriers 11am: Bingo 1pm: Well-Being / Self Care	5 11am: Meditation Group 12pm: Arts + Crafts 1pm: Jewelry Making 2pm: PR Art & Soul <small>ONLINE Only click to join</small>	6
7	8(IN PERSON ONLY) 12pm: Boundaries Group 1pm: Progress Over Perfection(PR) 2pm: Wellness & Nutrition Circle	9(In Person at Lancaster MHALA) 10am: Hope and Cope 11am: Employment Group 1pm: Lets Talk	10(IN PERSON ONLY) 11am: Embrace Your Thoughts Journaling 12pm: Improve Your Mood 1pm: Social Corner (PR) 2pm: Karaoke/Open Mic	11(In Person at Lancaster MHALA) 10am: Breaking Barriers 11am: Bingo 1pm: Well-Being / Self Care	12 11am: Meditation Group 12pm: Arts + Crafts 1pm: Jewelry Making 2pm: PR Art & Soul <small>ONLINE Only click to join</small>	13
14	15(IN PERSON ONLY) 12pm: Boundaries Group 1pm: Progress Over Perfection(PR) 2pm: Wellness & Nutrition Circle	16(In Person at Lancaster MHALA) 10am: Hope and Cope 11am: Employment Group 1pm: Lets Talk	17(IN PERSON ONLY) 11am: Embrace Your Thoughts Journaling 12pm:Community Meeting 1pm: Social Corner (PR) 2pm: Karaoke/Open Mic	18(In Person at Lancaster MHALA) 10am: Breaking Barriers 11am: Bingo 1pm: Well-Being / Self Care	19 11am: Meditation Group 12pm: Arts + Crafts 1pm: Jewelry Making 2pm: PR Art & Soul <small>ONLINE Only click to join</small>	20
21	22(IN PERSON ONLY) 12pm: Boundaries Group 1pm: Progress Over Perfection(PR) 2pm: Wellness & Nutrition Circle	23(In Person at Lancaster MHALA) 10am: Hope and Cope 11am: Employment Group 1pm: Lets Talk	24 No Groups	25(In Person at Lancaster MHALA) 10am: Breaking Barriers 11am: Bingo 1pm: Well-Being / Self Care	26 11am: Meditation Group 12pm: Arts + Crafts 1pm: Jewelry Making 2pm: PR Art & Soul <small>ONLINE Only click to join</small>	27
27	28(IN PERSON ONLY) 12pm: Boundaries Group 1pm: Progress Over Perfection(PR) 2pm: Wellness & Nutrition Circle	29(In Person at Lancaster MHALA) 10am: Hope and Cope 11am: Employment Group 1pm: Lets Talk	30(IN PERSON ONLY) 11am: Embrace Your Thoughts Journaling 12pm: Improve Your Mood 1pm: Social Corner (PR) 2pm: Karaoke/Open Mic			