

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
			<p>1 11am: Embrace Your Thoughts Journaling 12pm: Arts + Crafts 1pm: Improve Your Mood</p>	<p>2(In Person at Lancaster MHALA) 10am: Bingo 1pm: Well-Being / Self Care</p>	<p>3 11am: PR Art & Soul 12pm: Social Corner (PR) 1pm: Karaoke/Open Mic</p>	
5 	<p>6 12pm: Boundaries Group 1pm: Wellness & Nutrition Circle</p>	<p>7(In Person at Lancaster MHALA) 10am: Hope and Cope 11am: Employment Group 1pm: Lets Talk</p>	<p>8 11am: Embrace Your Thoughts Journaling 12pm: Arts + Crafts 1pm: Improve Your Mood</p>	<p>9(In Person at Lancaster MHALA) 10am: Bingo 1pm: Well-Being / Self Care</p>	<p>10 11am: PR Art & Soul 12pm: Social Corner (PR) 1pm: Karaoke/Open Mic</p>	11
12 	<p>13 12pm: Boundaries Group 1pm: Wellness & Nutrition Circle</p>	<p>14(In Person at Lancaster MHALA) 10am: Hope and Cope 11am: Employment Group 1pm: Lets Talk</p>	<p>15 11am: Embrace Your Thoughts Journaling 12pm: Arts + Crafts 1pm: Improve Your Mood</p>	<p>16(In Person at Lancaster MHALA) 10am: Bingo 1pm: Well-Being / Self Care</p>	<p>17 11am: PR Art & Soul 12pm: Social Corner (PR) 1pm: Karaoke/Open Mic</p>	18
19	<p>20 12pm: Boundaries Group 1pm: Wellness & Nutrition Circle</p>	<p>21(In Person at Lancaster MHALA) 10am: Hope and Cope 11am: Employment Group 1pm: Lets Talk</p>	<p>22 11am: Embrace Your Thoughts Journaling 12pm: Arts + Crafts 1pm: Improve Your Mood</p>	<p>23(In Person at Lancaster MHALA) 10am: Bingo 1pm: Well-Being / Self Care</p>	<p>24 11am: PR Art & Soul 12pm: Social Corner (PR) 1pm: Karaoke/Open Mic</p>	25
26	27 	<p>28(In Person at Lancaster MHALA) 10am: Hope and Cope 11am: Employment Group 1pm: Lets Talk</p>	<p>29 11am: Embrace Your Thoughts Journaling 12pm: Arts + Crafts 1pm: Improve Your Mood</p>	<p>30(In Person at Lancaster MHALA) 10am: Bingo 1pm: Well-Being / Self Care</p>	<p>31 11am: PR Art & Soul 12pm: Social Corner (PR) 1pm: Karaoke/Open Mic</p>	