



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 12pm: Boundaries Group 1pm: Wellness & Nutrition Circle</p>	<p>2 (In Person at Lancaster MHALA) 10am: Hope and Cope 11am: Employment Group 1pm: Lets Talk</p>	<p>3 11am: Embrace Your Thoughts Journaling 12pm: Arts + Crafts 1pm: Improve Your Mood</p>	<p>4 Closed </p>	<p>5 12pm: Social Corner 1pm: Karaoke/Open Mic</p>	<p>6</p>	
<p>7</p>	<p>8 12pm: Boundaries Group 1pm: Wellness & Nutrition Circle</p>	<p>9 (In Person at Lancaster MHALA) 10am: Hope and Cope 11am: Employment Group 1pm: Lets Talk</p>	<p>10 11am: Embrace Your Thoughts Journaling 12pm: Arts + Crafts 1pm: Improve Your Mood</p>	<p>11 (In Person at Lancaster MHALA) 10am: Bingo 1pm: Well-Being / Self Care</p>	<p>12 12pm: Social Corner 1pm: Karaoke/Open Mic</p>	<p>13</p>
<p>14</p>	<p>15 12pm: Boundaries Group 1pm: Wellness & Nutrition Circle</p>	<p>16(In Person at Lancaster MHALA) 10am: Hope and Cope 11am: Employment Group 1pm: Lets Talk</p>	<p>17 11am: Embrace Your Thoughts Journaling 12pm: Arts + Crafts 1pm: Improve Your Mood</p>	<p>18 (In Person at Lancaster MHALA) 10am: Bingo 1pm: Well-Being / Self Care</p>	<p>19 Closed </p>	<p>20</p>
<p>21</p>	<p>22 12pm: Boundaries Group 1pm: Wellness & Nutrition Circle</p>	<p>23 (In Person at Lancaster MHALA) 10am: Hope and Cope 11am: Employment Group 1pm: Lets Talk</p>	<p>24 11am: Embrace Your Thoughts Journaling 12pm: Arts + Crafts 1pm: Improve Your Mood</p>	<p>25 (In Person at Lancaster MHALA) 10am: Bingo 1pm: Well-Being / Self Care</p>	<p>26 12pm: Social Corner 1pm: Karaoke/Open Mic</p>	<p>27</p>
<p>28</p>	<p>29 12pm: Boundaries Group 1pm: Wellness & Nutrition Circle</p>	<p>30 (In Person at Lancaster MHALA) 10am: Hope and Cope 11am: Employment Group 1pm: Lets Talk</p>	<p>31 11am: Embrace Your Thoughts Journaling 12pm: Arts + Crafts 1pm: Improve Your Mood</p>			