



Peer Support Group Calendar










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

The support can be individual 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
661-726-2850**

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
		Employment Group Zoom link https://zoom.us/j/3232325276?pwd=VE8rROxEZ2I3RzJJM1ZCMkswanFIUT09			2 12pm: Social Corner 1pm: Karaoke/Open Mic	3
4	5 12pm: Boundaries 1pm: Wellness & Nutrition Circle	6 (In Person at Lancaster MHALA) 10am: Boundaries 11am Don't Mess With Stress  11am: Employment Group 1pm Lets Talk	7 11am: Embrace Your Thoughts Journaling 12pm: Arts + Crafts 1pm: Improve Your Mood	8 (In Person at Lancaster MHALA) 10am: Bingo 11am Happy Minds  12:30 Motivation Through Art 	9 12pm: Social Corner 1pm: Karaoke/Open Mic	10
11	12 12pm Boundaries 1pm: Wellness & Nutrition Circle	13(In Person at Lancaster MHALA) 10am: Boundaries 11am: Employment Group 1pm Lets Talk	14 11am: Embrace Your Thoughts Journaling 12pm: Arts + Crafts 1pm: Improve Your Mood	15(In Person at Lancaster MHALA) 10am: Bingo 12:30 Motivation Through Art 	16 12pm: Social Corner 1pm: Karaoke/Open Mic	17
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25	26 12pm: Boundaries Group 1pm: Wellness & Nutrition Circle	27(In Person at Lancaster MHALA) 10am: Boundaries 11am: Employment Group Lets Talk	28 11am: Embrace Your Thoughts Journaling 12pm: Arts + Crafts	29 (In Person at Lancaster MHALA) 10am: Bingo 12:30 Motivation Through Art 	30 12pm: Social Corner 1pm: Karaoke/Open Mic	31