












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.

Sun	Mon	Tue	Wed	Thurs	Fri	Sat	
1	2  <b>Closed For Labor day</b>	3 ( In Person at Lancaster MHALA ) 10am:Boundaries 11am:Employment 11am Don't Mess with Stress 1pm : Arts and Crafts	4 11 am: Embrace Your Thoughts Journaling 12 pm: Improve Your Mood 1 pm: Arts + Crafts	5 ( In Person at Lancaster MHALA ) 10am: Bingo 12:30 Motivation Through Art 	6 1pm: Karaoke/Open Mic 	7	
8	9 12pm: Boundaries 1pm: Wellness & Nutrition Circle	10 ( In Person at Lancaster MHALA ) 10am:Boundaries 11am:Employment 11am Don't Mess with Stress 1pm : Arts and Crafts	11 11am: Embrace Your Thoughts Journaling 12 pm: Improve Your Mood 1 pm: Arts and Crafts	12 ( In Person at Lancaster MHALA ) 10am: Bingo 12:30 Motivation Through Art 	13 1pm: Karaoke/Open Mic 	14	
15	16 12pm Boundaries 1pm: Wellness & Nutrition Circle	17( In Person at Lancaster MHALA ) 10am:Boundaries 11am:Employment 11am Don't Mess with Stress 1pm : Arts and Crafts	18 11am: Embrace Your Thoughts Journaling 12 pm: Improve Your Mood 1 pm: Arts + Crafts	19( In Person at Lancaster MHALA ) 10am: Bingo 12:30 Motivation Through Art 	20 1pm: Karaoke/Open Mic 	21	
22	23 12pm: Boundaries 1pm: Wellness & Nutrition Circle	24 ( In Person at Lancaster MHALA ) 10am:Boundaries 11am:Employment 11am Don't Mess with Stress 1pm : Arts and Crafts	25 11am: Embrace Your Thoughts Journaling 12pm: Improve Your Mood	26 ( In Person at Lancaster MHALA ) 10am: Bingo 12:30 Motivation Through Art 	27 1pm: Karaoke/Open Mic 	28	
29	30 12pm: Boundaries 1pm: Wellness & Nutrition Circle	<b>15<sup>th</sup> Annual JSN JOB FAIR to attend sign up online September 5 th, 2024 10:00 A.M. - 2:00 P.M. 44538 40th St. East Lancaster, CA 93535</b>					

**Discovery  
Resource  
Center**

**1529 East  
Palmdale Blvd  
Suite 328 3<sup>rd</sup>  
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**