



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

**Discovery
Resource
Center**



New

Location

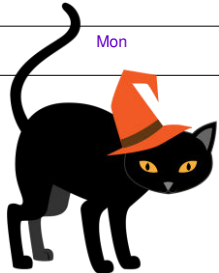













506 W

**Jackman St,
Lancaster, CA**

93534

(661)947-1595

Groups with
CMFY means
group is run by
Caring Minds
For Youth
Program staff

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
		1 10am: Making Connections 11am: Employment 11am Don't Mess With Stress(CMFY) 1pm : Arts and Crafts	2 11 am: Embrace Your Thoughts Journaling 12 pm: Improve Your Mood 1 pm: Arts + Crafts	3 10am: Bingo  12:30 Motivation Through Art	4 2pm to 4 pm Karaoke/Open Mic 	5
6	7 12pm: Boundaries 1pm: Wellness & Nutrition Circle	8 10am: Making Connections 11am: Employment 11am Don't Mess With Stress(CMFY) 1pm : Arts and Crafts	9 11am: Embrace Your Thoughts Journaling 12 pm: Improve Your Mood 1 pm: Arts and Crafts	10 10am: Bingo  12:30 Motivation Through Art 	11 2pm to 4 pm Karaoke/Open Mic 	12
13	14 12pm Boundaries 1pm: Wellness & Nutrition Circle	15 10am: Making Connections 11am: Employment 11am Don't Mess With Stress (CMFY) 1pm : Arts and Crafts	16 11am: Embrace Your Thoughts Journaling 12 pm: Improve Your Mood 1 pm: Arts and Crafts	17 10am: Bingo  12:30 Motivation Through Art 	18 2pm to 4 pm Karaoke/Open Mic 	19
20	21 12pm: Boundaries 1pm: Wellness & Nutrition Circle	22 10am: Making Connections 11am: Employment 11am Don't Mess With Stress(CMFY) 1pm : Arts and Crafts	23 11am: Embrace Your Thoughts Journaling 12pm: Improve Your Mood	24 10am: Bingo  12:30 Motivation Through Art 	25 2pm to 4 pm Karaoke/Open Mic 	26
27	28 12pm: Boundaries 1pm: Wellness & Nutrition Circle	29 10am: Making Connections 11am: Employment 11am Don't Mess With Stress(CMFY) 1pm : Arts and Crafts	30 11am: Embrace Your Thoughts Journaling 12 pm: Improve Your Mood 1 pm: Arts + Crafts	31 10am: Bingo 12:30 Motivation Through Art 		

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