



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

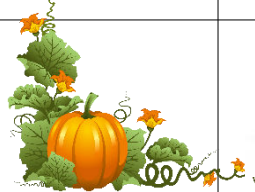









**Discovery
Resource
Center**

**506 W
Jackman St,
Lancaster, CA
93534
661-726-2850**

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



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

Sun	Mon	Tue	Wed	Thurs	Fri	Sat	
						1 2 pm: Karaoke/Open Mic 	2
3	4 12pm: Boundaries 1pm :Games	5 10am: Making Connections 11am:Employment 11am Don't Mess with Stress (CMFY) 1pm : Arts and Crafts	6 11am: Embrace Your Thoughts Journaling 12 pm: Improve Your Mood 1 pm: Arts and Crafts 1 pm: Drivers Handbook	7 10am: Bingo 12pm Walk It OUT 12:30 Motivation Through Art	8 2 pm: Karaoke/Open Mic 	9	
10	11  Closed VETERANS DAY	12 10am: Making Connections 11am:Employment 11am Don't Mess with Stress (CMFY) 1pm : Arts and Crafts	13 11am: Embrace Your Thoughts Journaling 12 pm: Improve Your Mood 1 pm: Arts and Crafts 1 pm: Drivers Handbook	14 No Groups Today Golden Bell AWARDS	15 2 pm: Karaoke/Open Mic 	16	
17	18 12pm: Boundaries 1pm : Games	19 10am: Making Connections 11am:Employment 11am Don't Mess with Stress (CMFY) 1pm : Arts and Crafts	20 11 am: Embrace Your Thoughts Journaling 12 pm: Improve Your Mood 1 pm: Arts and crafts 1 pm: Drivers Handbook	21 10am: Bingo 12pm Walk It OUT 12:30 Motivation Through Art	22 2 pm: Karaoke/Open Mic 	23	
24	25 12pm: Boundaries 1 pm :Games	26 10am: Making Connections 11am:Employment 11am Don't Mess with Stress (CMFY) 1pm : Arts and Crafts	27 11am: Embrace Your Thoughts Journaling 12 pm: Improve Your Mood 1pm Arts and Crafts	28  Closed Happy Thanksgiving	29  Closed Happy Thanksgiving	30	