

**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 12pm: Boundaries 1pm :Games 	3 10am: Making Connections 11am:Employment 11am Don't Mess with Stress (CMFY) 1pm : Arts and Crafts	1 11am: Embrace Your Thoughts Journaling 12 pm: Improve Your Mood 1 pm: Arts and Crafts	2 10am: Bingo 12:30: Motivation Through Art	3 2pm: Karaoke/Open Mic 	4
5	6 12pm: Boundaries 1pm: Games	7 10am: Making Connections 11am:Employment 11am Don't Mess with Stress (CMFY) 1pm : Arts and Crafts	8 11am: Embrace Your Thoughts Journaling 12 pm: Improve Your Mood 1 pm: Arts and Crafts	9 10am: Bingo 12pm: Walk It OUT 12:30: Motivation Through Art	10 2pm: Karaoke/Open Mic 	11
12	13 12pm: Boundaries 1pm: Games 	14 10am: Making Connections 11am:Employment 11am Don't Mess with Stress (CMFY) 1pm : Arts and Crafts	15 11am: Embrace Your Thoughts Journaling 12 pm: Improve Your Mood 1 pm: Arts and Crafts	16 10am: Bingo 12:30: Motivation Through Art	17 2pm: Karaoke/Open Mic 	18
19	20 No Groups Closed 	21 10am: Making Connections 11am:Employment 11am Don't Mess with Stress (CMFY) 1pm : Arts and Crafts	22 11am: Embrace Your Thoughts Journaling 12 pm: Improve Your Mood 1 pm: Arts and Crafts	23 10am: Bingo 12pm: Goal Setting (Vision Board)	24 2pm: Karaoke/Open Mic 	25
26	27 12pm: Boundaries 1 pm: Games	28 10am: Making Connections 11am:Employment 11am Don't Mess with Stress (CMFY) 1pm : Arts and Crafts	29 11am: Embrace Your Thoughts Journaling 12 pm: Improve Your Mood 1 pm: Arts and Crafts	30 10am: Bingo 12:30: Motivation Through Art	31 2pm: Karaoke/Open Mic 	