





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
2 	3 12pm: Health and Wellness 1pm :Games 	4 10am: Making Connections 11am:Employment 11am: Don't Mess with Stress (CMFY) 1pm: Arts and Crafts	5 11am: Embrace Your Thoughts Journaling 12pm: Improve Your Mood 1pm: Arts and Crafts	6 10am: Bingo 12:30pm: Motivation Through Art	7 12pm: Drivers Handbook 2pm: Karaoke/Open Mic 	1 8
9	10 12pm: Health and Wellness 1pm :Games	11 10am: Making Connections 11am:Employment 11am: Don't Mess with Stress (CMFY) 1pm: Arts and Crafts	12 12pm: Improve Your Mood 1pm: Arts and Crafts	13 10am: Bingo 12:30pm: Motivation Through Art	14 No Groups <i>For The Love of Art Art Show</i> 	15
16	17 No Groups Closed 	18 10am: Making Connections 11am:Employment 11am: Don't Mess with Stress (CMFY) 1pm: Arts and Crafts	19 11am: Embrace Your Thoughts Journaling 12pm: Improve Your Mood 1pm: Arts and Crafts	20 10am: Bingo 12:30pm: Motivation Through Art	21 12pm: Drivers Handbook 2pm: Karaoke/Open Mic 	22
23	24 12pm – 2pm: Goal Setting (Vision Board)	25 10am: Making Connections 11am:Employment 11am: Don't Mess with Stress (CMFY) 1pm: Arts and Crafts	26 11am: Embrace Your Thoughts Journaling 12pm: Improve Your Mood	27 10am: Bingo 12:30pm: Motivation Through Art	28 2pm: Karaoke/Open Mic 	
	