

**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
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2	3 11am: 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 Golden Bells Awards 	7 10am: Crochet Group 2pm: Karaoke/Open Mic 	8
9	10 11am: Health and Wellness 1pm: Games	11 Closed 	12 11am: Embrace Your Thoughts Journaling 12pm: Improve Your Mood 1pm: Arts and Crafts	13 10am: Bingo 12:30pm: Motivation Through Art	14 10am: Crochet Group 2pm: Karaoke/Open Mic 	15
16	17 11am: Health and Wellness 1pm: Games 	18 10am: Making Connections 11am: Employment 11am: Don't Mess with Stress (CMFY) 1pm: Arts and Crafts	19 Outing to Greystone Mansion 	20 10am: Bingo 12:30pm: Motivation Through Art 	21 10am: Crochet Group 2pm: Karaoke/Open Mic 	22
23	24 11am: Health and Wellness 1pm: Games 	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 1pm: Arts and Crafts	27 Closed 	28 Closed 	29
	30					