

MILITARY RESOURCE CENTER












May 2026



MHALA

Mental Health America of Los Angeles

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Military Resource Center Supportive Services for Veteran Families 661.947.1993 Palmdale Office: 1529 E Palmdale Blvd #120, Palmdale, CA 93550 Lancaster Office: 506 W Jackman St, Lancaster, CA 93534		Military Fact: The tradition that became Memorial Day began after the American Civil War, with early observance held in May to honor fallen soldiers. 		Hot Meal 1 Grace Resources 45134 Sierra Hwy, Lancaster 6pm - 7pm (Every Friday)	UNITED A 2 Community Celebration 44900 Division St Lancaster, 10am-2pm Hot Meals, Free Diapers Free Dental Cleanings
Hot Meal 3 Grace Resources 45134 Sierra Hwy, Lancaster 1:30pm until supplies last (Every Sunday)	Produce Distribution 4 Antelope Valley YMCA 43001 10th St West Lancaster Starts at 3 PM Need Government ID	Souper Meal 5 Desert Winds Church 38117 13th St E, Palmdale 5:30pm - 6:30pm (Every Tuesday)	Hot Meal 6 Assembly of God Church 8257 Pearblossom Hwy, Littlerock, CA 93543 7pm - 9pm (Every Wednesday)	MHALA's Community 7 Connect Day 506 W Jackman St, Lancaster - Parking Lot 9am - 2pm (First Thursday of the Month)	Grocery Distribution 8 Temple of Deliverance 38446 20th St E, Palmdale 6pm (Every Friday)	Grocery Distribution 9 Foursquare Church 34005 123rd St East, Pearblossom 9am - 10:30am (Every Saturday)
Hot Meal 10 Melville J Courson Park 38226 10th St E, Palmdale 4pm - 5pm (Every Sunday)	Hot Meal 11 Cornerstone Church 8533 E Ave T, Littlerock 6pm - 7pm (Every Monday)	Hot Meal 12 Cornerstone Church 8533 E Ave T, Littlerock 6pm - 7pm (Every Tuesday)	Free Breakfast 13 Paving the Way 8 AM - 9 AM 44818 Fern Ave, Suite 105 Lancaster, CA 93534 (Monday - Thursday)	Emergency Groceries 14 Grace Resources 45134 Sierra Hwy, Lancaster 10am AND 1pm (Every Thursday)	Free Breakfast 15 New Road Foundation 44231 Division St, Lancaster 9am - 10 am (Every Friday)	Crossroads 16 Vasquez Rocks 10700 Escondido Canyon Agua Dulce 11am - 2 pm Open Air Museum
Grocery Distribution 17 3250 Lancaster Blvd, Lancaster 11:30am - 12:30pm (Every 3rd Sunday)	Lunch and Haircuts 18 Saint Vicent DePaul 45058 Trevor Ave, Lancaster 9am - 10am (Every Monday)	Coffee 4 Vets 19 Free Coffee Crazy Otto's 1228 W Ave I, Lancaster 7:30am (Every Tuesday)	Hot Meal 20 Grace Resources 45134 Sierra Hwy, Lancaster 5:30pm - 6:30pm (Every Wednesday)	Emergency Groceries 21 First Baptist Church 4829 W Ave L-8, Quartz Hill 8am (Every Thursday)	Free Coffee 22 New Road Foundation 44231 Division St, Lancaster 9am - 10 am (Every Friday)	Grocery Distribution 23 Foursquare Church 34005 123rd St East, Pearblossom 9am - 10:30am (Every Saturday)
Hot Meal 24 Melville J Courson Park 38226 10th St E, Palmdale 4pm - 5pm (Every Sunday)	Memorial Day 25 Ceramony Ponciltan Square 38315 9th st East 11a.m-12p.m.	Souper Meal 26 Desert Winds Church 38117 13th St E, Palmdale 5:30pm - 6:30pm (Every Tuesday)	Lunch and Clothes 27 Saint Vicent DePaul 45058 Trevor Ave, Lancaster 9am - 10am (Every Wednesday)	Cal-Fresh Enrollment 28 Community Resource Center 2072 E Palmdale Blvd Palmdale, CA 93550 Thursdays, 9am - 5pm Appt Only, call 213.438.5580	Free Coffee 29 New Road Foundation 44231 Division St, Lancaster 9am - 10 am (Every Friday)	Grocery Distribution 30 Foursquare Church 34005 123rd St East, Pearblossom 9am - 10:30am (Every Saturday)
Hot Meal 31 Melville J Courson Park 38226 10th St E, Palmdale 4pm - 5pm (Every Sunday)	Military Appreciation Month – Recognizes active-duty troops, veterans, and their families. Enroll in VA healthcare, schedule annual checkups or connect with VA wellness programs using the VA App.  		VA: Health and Benefits App For iOS and Android  Manage existing VA claims and appointments, securely message your VA health care providers, and more. Download today!   			 62+ Free One Year Pass Apply online AVTA.com or Visit 42210 6th St W, Lancaster. For questions, call 661.945.9445

NOTES:

Showers at MHALA Lancaster, Homeless Service Center:

Monday - Friday, 9am - 2pm at 506 W Jackman St, Lancaster, CA 93534

Every Monday: Veteran Information Meetings with FREE Coffee & Breakfast

American Legion, 44355 40th St E, Lancaster, CA 93535, Post 311 at 8:30am

Every Tuesday: Coffee 4 Vets with FREE Coffee

Crazy Otto's, 1228 W Ave I, Lancaster, CA 93534 at 7:30am



Restrooms & Resting Area at MHALA Palmdale, Homeless Service Center:

Monday - Friday, 9am - 12pm at 1529 E. Palmdale Blvd. #120, Palmdale, CA 93550

AA Meetings

Open Door at 509 W Ave H-8, Lancaster, CA 93534 - For more details call 866.920.0628

Veterans ride AVTA for Free!

Ride free with Military ID, AVTA Veterans/Military Card or Valid State ID w/DD214



