



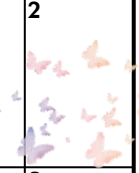








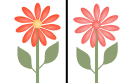



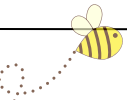

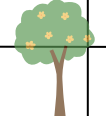




# MAY 2026

Peer Support Group Calendar



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1 10am - Crochet 2pm - Karaoke/ Open Mic	2 
3	4 11am - Health & Wellness 1pm - Games	5 10am - Mood Improvement 1pm - Arts & Crafts 	6 11am - Journaling 11am - Cooking On A Budget (CMY) 1pm - Arts & Crafts	7 10am - Bingo 12:30pm - Motivation Through Art	8 10am - Crochet 2pm - Karaoke/ Open Mic	9
10  Happy Mother's Day	11 11am - Health & Wellness 1pm - Games 	12 10am - Mood Improvement 1pm - Arts & Crafts	13 <b>MHALA Closed</b> 	14 10am - Bingo 12:30pm - Motivation Through Art 	15 10am - Crochet 2pm - Karaoke/ Open Mic	16 
17	18 11am - Health & Wellness 1pm - Games 	19 10am - Mood Improvement 1pm - Arts & Crafts	20  <b>Outing</b>	21 10am - Bingo 12:30pm - Motivation Through Art	22 10am - Meditation Group 2pm - Karaoke/ Open Mic 	23
24 	25  <b>MHALA Closed!</b>	26 10am - Mood Improvement 1pm - Arts & Crafts	27 11am - Journaling 11am - Cooking On A Budget (CMY) 1pm - Arts & Crafts	28 10am - Bingo 12:30pm - Motivation Through Art 	29 10am - Crochet 2pm - Karaoke/ Open Mic	30
31						

506 W Jackman St.  
Lancaster, CA,  
93534  
(661) 726-2850

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

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

CMY are groups held by Caring Minds for Youth

\*CMY will still host Gardening on May 20th