



SA 7 PEER RESOURCE CENTER GROUPS

Monday, January 1, 2024:	Tuesday, January 2, 2024:	Wednesday, January 3, 2024:	Thursday, January 4, 2024:	Friday, January 5, 2024:
	<p>[Hybrid] [Bilingual] Peer Support Group: Every Tuesday from 1-2:30 PM us at the Huntington Plaza Community Room for Healing Support Group. Participants are welcome to share experiences with peers in a safe, welcoming, and healing environment to learn how to manage stress, anxiety, and depression through engaging freeform art. Art supplies are provided.</p> <p>In Person Location:</p> <p>Huntington Plaza 6330 Rugby Ave Community Room Huntington Park, CA 90255</p>	<p>[Hybrid] [Bilingual] Parent Support Group: Every Wednesday from 10-11 AM – Support group for parents of children of all ages. Topics include topics on the challenges of raising our children with special needs and emotional difficulties.</p> <p>In Person Location:</p> <p>Service Area 7 Peer Resource Center 6330 Rugby Ave Suite 200 Huntington Park, CA 90255</p>	<p>Hybrid] [Bilingual] Youth Connections: Every Thursday from 2:30-3:30 PM – This group provides a safe place where you can build a supportive network of friends to share lived experiences and grow together. Learn how to cope with stress, anxiety, and depression.</p> <p>In Person Location:</p> <p>TBD</p>	<p>[Hybrid] [Spanish] Grupo de apoyo: Every Friday from 11-1 PM – Grupo de apoyo donde participantes comparten un espacio de comprensión y apoyo mutuo. Conoce los recursos disponibles para mejorarte a ti y a tus seres queridos.</p> <p>In Person Location:</p> <p>Service Area 7 Peer Resource Center 6330 Rugby Ave Suite 200 Huntington Park, CA 90255</p>
<p>O – Online I – In-Person B – Bilingual H – Hybrid (In-Person/Online)</p>	<p>[Hybrid] [Bilingual] Healing Art: Every first Tuesday of the month from 2-3 PM – Join this group in an understanding environment for healing and recovery through art. Learn how to allow stress, anxiety, and depression, to melt away by engaging in relaxing free-form art activities while learning more about yourself.</p> <p>In Person Location:</p> <p>TBD</p>			

Monday, January 8, 2024:	Tuesday, January 9, 2024:	Wednesday, January 10, 2024:	Thursday, January 11, 2024:	Friday, January 12, 2024:
	<p>[Hybrid] <u>Work Readiness Group</u>: <i>Every Second and Fourth Tuesday from 9-10:30 AM</i> – Join our workshops to share job hunting experiences and network with peers looking for work to receive support and guidance on any employment issues.</p> <p>In Person Location:</p> <p>Service Area 7 Peer Resource Center 6330 Rugby Ave Suite 200 Huntington Park, CA 90255</p>	<p>[Hybrid] [Bilingual] <u>Parent Support Group</u>: <i>Every Wednesday from 10-11 AM</i> – Support group for parents of children of all ages. Topics include topics on the challenges of raising our children with special needs and emotional difficulties.</p> <p>In Person Location:</p> <p>Service Area 7 Peer Resource Center 6330 Rugby Ave Suite 200 Huntington Park, CA 90255</p>	<p>Hybrid] [Bilingual] <u>Men's Emotional-Support Network (M.E.N.)</u>: <i>Every Second and Fourth Thursday from 1-2 PM</i> – This support group is a way to come together with others dealing with similar life issues and help each other by offering emotional support and guidance.</p> <p>In Person Location:</p> <p>Norwalk Park 12155 Sproul St Norwalk, CA 90655</p>	<p>[Hybrid] [<u>Spanish</u>] <u>Grupo de apoyo</u>: <i>Every Friday from 11-1 PM</i> – Grupo de apoyo donde participantes comparten un espacio de comprensión y apoyo mutuo. Conoce los recursos disponibles para mejorarte a ti y a tus seres queridos.</p> <p>In Person Location:</p> <p>Service Area 7 Peer Resource Center 6330 Rugby Ave Suite 200 Huntington Park, CA 90255</p>
<p>O – Online I – In-Person B – Bilingual H – Hybrid (In-Person/Online)</p>	<p>[Hybrid] [Bilingual] <u>Peer Support Group</u>: <i>Every Tuesday from 1-2:30 PM</i> us at the Huntington Plaza Community Room for Healing Support Group. Participants are welcome to share experiences with peers in a safe, welcoming, and healing environment to learn how to manage stress, anxiety, and depression through engaging freeform art. Art supplies are provided.</p> <p>In Person Location:</p> <p>Huntington Plaza 6330 Rugby Ave Community Room Huntington Park, CA 90255</p>	<p>[Hybrid] [Bilingual] <u>Perinatal Support Group</u>: <i>Every Second Wednesday from 1 -2 PM</i> – Meet other new moms, process all things perinatal, and learn coping skills to improve your mental wellness! Bring your baby, enjoy a healthy snack, and join a community of other moms!</p> <p>In Person Location:</p> <p>Camp Little Bear Park and Lodge Playground Area 6704 Orchard Ave Bell, CA 90201</p>	<p>[Hybrid] [Bilingual] <u>Youth Connections</u>: <i>Every Thursday from 2:30-3:30 PM</i> – This group provides a safe place where you can build a supportive network of friends to share lived experiences and grow together. Learn how to cope with stress, anxiety, and depression.</p> <p>In Person Location:</p> <p>TBD</p>	<p>[Hybrid] [Bilingual] <u>Tech Talk</u>: <i>Every First and Third Friday from 11 AM- 1 PM</i> – This group provides support for our community members with a wide range of technology-related issues. Held at the Huntington Park Group Senior Center. *Participants must be 62 years and older and residents of the City of Huntington Park.</p> <p>In Person Location:</p> <p>City of Huntington Park Senior Center 6925 Salt Lake Ave. Huntington Park, CA 90255</p>

Monday, January 15, 2024:	Tuesday, January 16, 2024:	Wednesday, January 17, 2024:	Thursday, January 18, 2024:	Friday, January, 19 2024:
	<p>[Hybrid] [Bilingual] Walking for Wellness: Every Third Tuesday from 8-9:00 AM – The City of Huntington Park, the American Indian Counseling Center, and the Service Area 7 Peer Resource Center invite you to join our Walk for Wellness event which provides a space to create a healthy routine and build a healthy support network.</p> <p>In Person Location:</p> <p>Salt Lake Park 3452 Walnut St Huntington Park, CA 90255</p>	<p>[Hybrid] [Bilingual] Parent Support Group: Every Wednesday from 10-11 AM – Support group for parents of children of all ages. Topics include topics on the challenges of raising our children with special needs and emotional difficulties.</p> <p>In Person Location:</p> <p>Service Area 7 Peer Resource Center 6330 Rugby Ave Suite 200 Huntington Park, CA 90255</p>	<p>[Hybrid] [Bilingual] Tech Talk: Every Third Thursday from 1-2 PM – This group provides support to our community members and staff regarding a wide range of technology-related issues.</p> <p>In Person Location:</p> <p>TBD</p>	<p>[Hybrid] [Spanish] Grupo de apoyo: Every Friday from 11-1 PM – Grupo de apoyo donde participantes comparten un espacio de comprensión y apoyo mutuo. Conoce los recursos disponibles para mejorarte a ti y a tus seres queridos.</p> <p>In Person Location:</p> <p>Service Area 7 Peer Resource Center 6330 Rugby Ave Suite 200 Huntington Park, CA 90255</p>
<p>O – Online I – In-Person B – Bilingual H – Hybrid (In-Person/Online)</p>	<p>[Hybrid] [Bilingual] Peer Support Group: Every Tuesday from 1-2:30 PM us at the Huntington Plaza Community Room for Healing Support Group. Participants are welcome to share experiences with peers in a safe, welcoming, and healing environment to learn how to manage stress, anxiety, and depression through engaging freeform art. Art supplies are provided.</p> <p>In Person Location:</p> <p>Huntington Plaza 6330 Rugby Ave Community Room Huntington Park, CA 90255</p>	<p>[Online] Service Area 7 Peer Leadership Team Meeting: Every third Wednesday from 11-12 PM – Advisory group of peers, family members who provide feedback to the SA7 Administration and direction of the SA7 Peer Resource Center in the development and implementation of groups, and services.</p> <p>In Person Location:</p> <p>Service Area 7 Peer Resource Center 6330 Rugby Ave Suite 200 Huntington Park, CA 90255</p>	<p>[Hybrid] [Bilingual] Youth Connections: Every Thursday from 2:30-3:30 PM – This group provides a safe place where you can build a supportive network of friends to share lived experiences and grow together. Learn how to cope with stress, anxiety, and depression.</p> <p>In Person Location:</p> <p>TBD</p>	

Monday, January 29, 2024:	Tuesday, January 30, 2024:	Wednesday, January 31, 2024:	Thursday, February 1, 2024:	Friday, February 2, 2024:
	<p>[Hybrid] Work Readiness Group: <i>Every Second and Fourth Tuesday from 9-10:30 AM</i> – Join our workshops to share job hunting experiences and network with peers looking for work to receive support and guidance on any employment issues.</p> <p>In Person Location:</p> <p>Service Area 7 Peer Resource Center 6330 Rugby Ave Suite 200 Huntington Park, CA 90255</p>	<p>[Hybrid] [Bilingual] Parent Support Group: <i>Every Wednesday from 10-11 AM</i> – Support group for parents of children of all ages. Topics include topics on the challenges of raising our children with special needs and emotional difficulties.</p> <p>In Person Location:</p> <p>Service Area 7 Peer Resource Center 6330 Rugby Ave Suite 200 Huntington Park, CA 90255</p>	<p>Hybrid [Bilingual] Men's Emotional-Support Network (M.E.N.): <i>Every Second and Fourth Thursday from 1-2 PM</i> – This support group is a way to come together with others dealing with similar life issues and help each other by offering emotional support and guidance.</p> <p>In Person Location:</p> <p>Norwalk Park 12155 Sproul St Norwalk, CA 90655</p>	<p>[Hybrid] [Bilingual] Celebrating Hispanic Heritage Month: In collaboration with the Los Angeles County (Anti-Racism, Diversity, and Inclusion Division) ARDI and the Service Area 7 Peer Resource Center, “Celebrating Hispanic Heritage Month” will celebrate the diverse and rich culture found within Service Area 7 and across Los Angeles County. Our doors will be open for the community to enjoy music, free food, face painting, and much more!</p> <p>In Person Location:</p> <p>Service Area 7 Peer Resource Center 6330 Rugby Ave Suite 200 Huntington Park, CA 90255</p>
<p>O – Online I – In-Person B – Bilingual H – Hybrid (In-Person/Online)</p>	<p>[Hybrid] [Bilingual] Peer Support Group: <i>Every Tuesday from 1-2:30 PM</i> us at the Huntington Plaza Community Room for Healing Support Group. Participants are welcome to share experiences with peers in a safe, welcoming, and healing environment to learn how to manage stress, anxiety, and depression through engaging freeform art. Art supplies are provided.</p> <p>In Person Location:</p> <p>Huntington Plaza 6330 Rugby Ave Community Room Huntington Park, CA 90255</p>		<p>[Hybrid] [Bilingual] Youth Connections: <i>Every Thursday from 2:30-3:30 PM</i> – This group provides a safe place where you can build a supportive network of friends to share lived experiences and grow together. Learn how to cope with stress, anxiety, and depression.</p> <p>In Person Location:</p> <p>TBD</p>	