

December 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28 (H)(B) – Peer Support Group 1 PM –2:30 PM (H)(B) – Healing Art Group 2 PM –3 PM	29 (H)(B) – Parent Support Group (Bilingual) 10 AM – 11 AM	30 (H) (B) – Youth Connections 2:30 PM – 3:30 PM	1 (H) – Grupo de Apoyo 11 AM – 1 PM (H)(B)* – Tech Talk 1 PM – 2 PM	2
3	4	5 (H)(B) – Peer Support Group 1 PM –2:30 PM	6 (H) (B) – Parent Support Group (Bilingual) 10 AM – 11 AM	7 (H)(B) – Youth Connections 2:30 PM – 3:30 PM	8 (H) – Grupo de Apoyo 11 AM – 1 PM (H)(B) – SALT 7 10 AM – 12 PM	9
10	11	12 (H) – Work Readiness 9 AM –10:30 AM (O) – Service Area 7 Southeast Los Angeles Health Neighborhood 9:30 AM –11:30 AM (H) (B) – Peer Support Group 1 PM –2:30 PM	13 (H) – Parent Support Group (Bilingual) 10 AM – 11 AM (H)(B) – Perinatal Support Group (Bilingual) 1 PM – 2 PM	14 (H)(B) – Men's Emotional-Support Network (M.E.N.) 1 PM – 2 PM (H)(B) – Youth Connections 2:30 PM – 3:30 PM	15 (H) – Grupo de Apoyo 11 AM – 1 PM (H)(B)* – Tech Talk 1 PM – 2 PM	16
17	18	19 (H) (B) – AICC and SA7 PRC Walking Group: Veteran's Park 8 AM –9 AM (H)(B) – Peer Support Group 1 PM –2:30 PM	20 (H)(B) – Parent Support Group (Bilingual) 10 AM – 11 AM (H) – Service Area 7 Peer Leadership Team Meeting 11 AM – 12 PM	21 (H)(B) – Tech Talk 1 PM – 2 PM (O) – Staying Connected and Informed 2 PM – 4 PM	22 (H) – Grupo de Apoyo 11 AM – 1 PM	23
24	25	26 (H) – Work Readiness 9 AM –10:30 AM (O) – Service Area 7 Clergy Roundtable Collaborative Meeting 9:30 AM –11:30 AM (H) (B) – Peer Support Group 1 PM –2:30 PM	27 (H)(B) – Parent Support Group (Bilingual) 10 AM – 11 AM	28 (H)(B) – Men's Emotional-Support Network (M.E.N.) 1 PM – 2 PM (H)(B) – Youth Connections 2:30 PM – 3:30 PM	29 (H) – Grupo de Apoyo 11 AM – 1 PM	30

SA 7 PEER RESOURCE CENTER GROUPS

[Hybrid] Walking for Wellness: Every Third Tuesday of the Month from 8-9 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. [Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 493 888 434#

[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. [Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 959 475 793#

[Online] Service Area 7 Southeast Los Angeles Health Neighborhood: Every Second Tuesday of the Month from 9:30-11:30 AM – The Service Area 7 Administration team invites you to the Southeast Los Angeles Health Neighborhood, which brings together health, mental health, substance use disorder providers, and community organizations to establish and enhance collaborative relationships and promote the integration of whole person care. [Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 869 254 457#

[Online] Service Area 7 Clergy Roundtable Collaborative Meeting: Every Fourth Tuesday of the Month from 9:30-11:30 AM – The Service Area 7 Administration team invites you to the Clergy Roundtable Collaborative facilitates a meeting between individuals from the local faith-based organizations and providers in the service area to provide support, and education, as well as create a collaborative relationship integrating the spiritual interest of mental health clients. [Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 792 233 232#

[Hybrid] Work Readiness Group: Every Second and Fourth Tuesday from 9-10:30 AM – Join our workshops to share job hunting experiences and network with peers looking for work to receive support and guidance on any employment issues. [Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 470 010 436#

[Hybrid] [Bilingual] Peer Support Group: Every Tuesday from 1-2:30 PM – Every Tuesday join us at the Huntington Plaza for Peer Support (Let's Talk) Group where 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. [Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 283 956 208#

[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. [Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 508 679 941#

[Hybrid] [Bilingual] Perinatal Support Group: Every Second Wednesday from 1 -2 PM – 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! [Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 741 212 083#

[Hybrid] [Online] Service Area 7 Peer Leadership Team Meeting: Every third Wednesday from 10-12 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. [Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 215 439 870#

[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. [Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 468 473 275#

[Hybrid] [Bilingual] Men's Emotional-Support Network (M.E.N.): Every Second and Fourth Thursday from 1-2 PM – 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. [Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 895 763 312#

[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. [Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 983 499 532#

[O] Staying Connected and Informed: Every Third Thursday from 2-4 PM – The Service Area 7 Administration team invites you to the Staying Connected and Informed, a virtual town hall series which is focused on bringing together workshops and resources based on the needs of our community members. Providers, peers, and community partners are invited to speak on the latest programs, groups, and services they can offer the community. [Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 757 669 139#

[Hybrid] [Bilingual] Service Area 7 Leadership Team Meeting (SALT 7): Second Friday of the month from 10 AM -12 PM – Join this special monthly meeting to network, learn, and engage with other community members and providers. [Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 350 434 600#

[Hybrid] [Bilingual]* Tech Talk: Every First and Third Friday from 11 AM -1 PM – 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. [Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 468 473 275#

[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. [Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 507 238 709#


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SA 7 PEER RESOURCE CENTER GROUPS

Monday, December 4, 2023:	Tuesday, December 5, 2023:	Wednesday, December 6, 2023:	Thursday, December 7, 2023:	Friday, December 8, 2023:
<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>Norwalk Senior Center 14040 San Antonio Dr Norwalk, CA 90650</p>	<p>[Hybrid] [Bilingual] Peer Support Group: <i>Every Tuesday from 1-2:30 PM</i> – Join 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: <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>TBD</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>	<p>[Hybrid] [Spanish] Grupo de apoyo: <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] Healing Art: <i>Every first Tuesday of the month from 2-3 PM</i> – 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>			<p>[Hybrid] [Bilingual] Tech Talk*: <i>Every First and Third Friday from 1- 2 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, December 11, 2023:	Tuesday, December 12, 2023:	Wednesday, December 13, 2023:	Thursday, December 14, 2023:	Friday, December 15, 2023:
<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: Norwalk Senior Center 14040 San Antonio Dr Norwalk, CA 90650</p>	<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: 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: TBD</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: Norwalk Park 12155 Sproul St Norwalk, CA 90655</p>	<p>[Hybrid] [Spanish] Grupo de apoyo: <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: 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: Huntington Plaza 6330 Rugby Ave Community Room Huntington Park, CA 90255</p>	<p>[Hybrid] [Bilingual] Perinatal Support Group: <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: TBD</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: TBD</p>	

Monday, December 18, 2023:	Tuesday, December 19, 2023:	Wednesday, December 20, 2023:	Thursday, December 21, 2023:	Friday, December 22, 2023:
<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>Norwalk Senior Center 14040 San Antonio Dr Norwalk, CA 90650</p>	<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: <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>TBD</p>	<p>[Hybrid] [Bilingual] Tech Talk: <i>Every 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>TBD</p>	<p>Hybrid] [Spanish] Grupo de apoyo: <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>
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Monday, December 25, 2023: (Holiday)	Tuesday, December 26, 2023:	Wednesday, December 27, 2023:	Thursday, December 28, 2023:	Friday, December 29, 2023:
	<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] <u>[Bilingual] 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] <u>[Bilingual] 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] 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] <u>[Bilingual] 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] <u>[Bilingual] 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>	