

January 2025 PRC Groups



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 (I) – Hope and Well-Being Group 10 AM – 11 AM	31 (I) – Peer Support (Let's Talk) 1 PM – 2 PM	1 (O) – Parent Support Group (Bilingual) 10 AM – 11 AM (Teams)	2 (H) – SoulSculpters: Crafting Connections 3:45 PM – 4:45 PM	3 (H) – Grupo de Apoyo 11 AM – 1 PM (I) – Tech Talk/Art 11 AM – 1 PM	4
5	6 (I) – Hope and Well-Being Group 10 AM – 11 AM	7 (I) – Peer Support (Let's Talk) 1 PM – 2 PM (H) – Healing Art 2 PM – 3 PM	8 (O) – Parent Support Group (Bilingual) 10 AM – 11 AM (Teams) (I) – Mothers Support Group 10 AM – 11 AM	9 (H) – Men's Emotional-Support Network (M.E.N.) 1 PM – 2 PM	10 (H) – Grupo de Apoyo 11 AM – 1 PM	11
12	13 (I) – Hope and Well-Being Group 10 AM – 11 AM	14 (H) – Work Readiness 9 AM – 10:30 AM (I) – Peer Support (Let's Talk) 1 PM – 2 PM	15 (O) – Parent Support Group (Bilingual) 10 AM – 11 AM (Teams)	16 17 (H) – Grupo de Apoyo 11 AM – 1 PM (I) – Tech Talk/Art 11 AM – 1 PM	18	
19	20 (I) – Hope and Well-Being Group 10 AM – 11 AM	21 (I) – AICC and SA7 PRC Walking Group 9 AM – 11 AM (I) – Peer Support (Let's Talk) 1 PM – 2 PM	22 (O) – Parent Support Group (Bilingual) 10 AM – 11 AM (Teams) (I) – Mothers Support Group 10 AM – 11 AM	23 (H) – Men's Emotional-Support Network (M.E.N.) 1 PM – 2 PM	24 (H) – Grupo de Apoyo 11 AM – 1 PM	25
26	27 (I) – Hope and Well-Being Group 10 AM – 11 AM	28 (H) – Work Readiness 9 AM – 10:30 AM (H) – Peer Support (Let's Talk) 1 PM – 2 PM	29 (O) – Parent Support Group (Bilingual) 10 AM – 11 AM (Teams)	30	31 (H) – Grupo de Apoyo 11 AM – 1 PM	

SA 7 PEER RESOURCE CENTER GROUPS

[In-Person] Hope and Well-Being Group: Every Monday from 10:00-11:00 AM – Service Area 7 Peer Resource Center is proud to bring services to the Norwalk Senior Center. Participants are welcome to discuss topics to support community growth and well-being through peer support and personal experiences.

[In-Person] Peer Support Group (Let's Talk): Every Tuesday from 1-2 PM – Share experiences with peers and take in lessons about leading a healthier, more balanced lifestyle.
[Click here to join the meeting](#)

[Online] 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](#)

[Hybrid] SoulSculpters: Crafting Connections: Every Thursday from 3:45-4:45 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.

[Hybrid] 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](#)

[Hybrid] Healing Art: Every first Tuesday of the month from 2-3 PM – Join this group to be in an understanding environment for healing and recovery through art. Learn how to allow stress, anxiety, and depression, to melt away by engaging in a relaxing free form art activities while learning more about yourself.
[Click here to join the meeting](#)

[Online] Mothers Support Group: Every second and fourth Wednesday of the month from 1-2 PM – Learn about the important roles parents play in the life of their family.
[Click here to join the meeting](#)

[Hybrid] 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](#)

[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](#)

[Hybrid] Walking for Wellness: Every Second and Third Tuesday from 8-10:00 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.

[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](#)