



SA 7 PEER RESOURCE CENTER GROUPS

Monday, October 2, 2023:	Tuesday, October 3, 2023:	Wednesday, October 4, 2023:	Thursday, October 5, 2023:	Friday, October 6, 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> 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>Bloomfield Park 21420 Pioneer Blvd Lakewood, CA 90715</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>Palms Park and Community Center 12305 207th Street Lakewood, CA 90715</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>			

Monday, October 9, 2023:	Tuesday, October 10, 2023:	Wednesday, October 11, 2023:	Thursday, October 12, 2023:	Friday, October 13, 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] [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>La Mirada Community Park/Lake 15299 Alicante Rd. La Mirada, CA 90638</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>La Mirada Community Park/Lake 15299 Alicante Rd. La Mirada, CA 90638</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>Neff Historical Park 14300 San Cristobal Dr La Mirada, CA 90638</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, October 16, 2023:	Tuesday, October 17, 2023:	Wednesday, October 18, 2023:	Thursday, October 19, 2023:	Friday, October 20, 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>Huntington Plaza 6330 Rugby Ave Community Room Huntington Park, CA 90255</p>	<p>[Hybrid] [Bilingual] Walking for Wellness: <u>Every Third Tuesday from 8-9:00 AM</u> – 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>Bandini Park 4725 Astor Ave Commerce, CA 90040</p>	<p>[Hybrid] [Bilingual] Tech Talk: <i>Every Third Thursday from 1-2 PM</i> – 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: <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] 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>[Online] Service Area 7 Peer Leadership Team Meeting: <i>Every third Wednesday from 11-12 PM</i> – 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>[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>	

Monday, October 23, 2023:	Tuesday, October 24, 2023:	Wednesday, October 25, 2023:	Thursday, October 26, 2023:	Friday, October 27, 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>Huntington Plaza 6330 Rugby Ave Community Room Huntington Park, CA 90255</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:</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>	
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