



## ▶▶ Antelope Valley Mental Health Center Men's Support Group "The Barbershop"

**Every Monday from 1:00 – 2:30 PM**

**Antelope Valley Mental Health Center**  
349A East Ave. K6, Lancaster, CA 93535

Join the **Men's Support Group** at Antelope Valley Mental Health Center! Connect with a network of peers eager to share insights and experiences. Explore essential topics like self-care, financial literacy, and relationships. Transform your life through goal setting, embracing accountability, and driving towards empowerment. Join us on this transformative journey to enrich your life and build meaningful connections.

For more information, please contact Michael Survert, Jr., Community Health Worker, at [msurvertjr@dmh.lacounty.gov](mailto:msurvertjr@dmh.lacounty.gov) or call 213-518-3556.



LOS ANGELES COUNTY  
**DEPARTMENT OF  
MENTAL HEALTH**  
hope. recovery. wellbeing.