



▶▶ SA 1 Antelope Valley Mental Health Center: Fathers' Discussion Group

1st Thursday of every month, starting April 3, 2025
5:00 – 6:30 PM

L.A. County Department of Public Health Wellness Community

335 E. Ave. K-6, Suite B, Lancaster CA. 93535

Join the Antelope Valley Mental Health Center's **Fathers' Discussion Group** to connect with other fathers who understand what you are going through. This group offers a safe space to share your experiences, seek advice and find comfort in your community.

Facilitated by James Coomes, LCSW, PM III. For more information, please email James at jcoomes@dmh.lacounty.gov.



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