



PROJECT RETURN PEER SUPPORT NETWORK

Taking charge together!

Service Area 5 – West Los Angeles Peer Support Group Calendar
Contact Moses Ramirez, Regional Coordinator – mramirez@prpsn.org or by Phone (213) 422-7527

Monday

Time: 3:00 pm – 4:00 pm
Name of Group: No Limits, No Boundaries
Description: An empowerment group for those seeking encouraging support.
Facilitator: William Pasztor
Group meeting is Hybrid:
In-Person Address: DCRC
12901 Venice Blvd. Los Angeles, CA. 90066
Group meeting via telehealth/zoom, ID:
[Hey Peers - Where Peers and Support Groups Connect](#)
Contact: Peer Supporter Moses Ramirez for more information

Time: 5:00 pm – 6:00 pm
Name of Group: Making Friends with your Anxiety
Description: Discussions about Anxiety and ways to cope with it to make it more manageable.
Facilitator: William Pasztor
Group meeting via telehealth/zoom, ID:
[Hey Peers - Where Peers and Support Groups Connect](#)
Contact: Peer Supporter Moses Ramirez for more information

Tuesday

Time: 1:00 pm – 2:00 pm
Name of Group: Share Your Light!
Description: Discussions on topics related to our own personal experiences in overcoming life challenges.
Facilitator: Laurie Senit-Lampel
Group meeting is In-Person ONLY:
In-Person Address: Alcott Center
10559 Jefferson Blvd. Culver City, CA. 90232
Contact: Peer Supporter Moses Ramirez for more information

Time: 2:00 pm – 3:00 pm
Name of Group: Live Love & Laugh
Description: A group that creates a loving environment for those to share their positivity.
Facilitator: Jackie Amah
Group meeting via telehealth/zoom:
[Hey Peers - Where Peers and Support Groups Connect](#)

Time: 4:00 pm – 5:00 pm
Name of Group: Heal Your Heart
Description: A loss and grief group to help heal and find ways to cope in life's journey.
Facilitator: Jackie Amah
Group meeting via telehealth/zoom:
[Hey Peers - Where Peers and Support Groups Connect](#)
Contact: Peer Supporter Moses Ramirez for more information

Wednesday

Time: 1:00 pm – 2:00 pm
Name of Group: United & Living with Bipolar
Description: A group for those to get support for themselves and/or just want to learn about Bipolar, while erasing the stigma.
Facilitator: Christian Castro
Group meeting via telehealth/zoom:
[Hey Peers - Where Peers and Support Groups Connect](#)
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Time: 3:00 pm – 4:00 pm
Name of Group: Tattered Flower
Description: A sexual abuse and recovery group that focuses on healing.
Facilitator: Lynnea Johnson
Group meeting via telehealth/zoom:



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Thursday

Time: 11:00 am – 12:00 pm

Name of Group: Walking with Friends

Description: A group to talk about personal growth, all the while creating new friends.

Facilitator: Moses Ramirez

Group meeting via telehealth/zoom:

[Hey Peers - Where Peers and Support Groups Connect](#)

Contact: Peer Supporter Moses Ramirez for more information

Time: 3:00 pm – 4:00 pm

Name of Group: Alcott Club

Description: A discussion group with a quote posed and sharing one's own personal reflections and thoughts.

Facilitator: Grant Lupher

Group meeting is Hybrid:

In-Person Address: Alcott Center

10559 Jefferson Blvd. Culver City, CA. 90232

Group meeting via telehealth/zoom:

[Hey Peers - Where Peers and Support Groups Connect](#)

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Friday

Time: 12:00 pm – 1:00 pm

Name of Group: Cause 4 Paws

Description: An animal lovers' group to talk about how to be able to build stronger relationships with your pets.

Facilitator: Lynnea Johnson

Group meeting via telehealth/zoom:

[Hey Peers - Where Peers and Support Groups Connect](#)

Contact: Peer Supporter Moses Ramirez for more information

Time: 1:00 pm – 2:00 pm

Name of Group: Mental Health Wellness

Description: A group to help talk about ways to better our mental health wellness.

Facilitator: Moses Ramirez

Group meeting via telehealth/zoom:

[Hey Peers - Where Peers and Support Groups Connect](#)

Contact: Peer Supporter Moses Ramirez for more information

Time: 3:00 pm – 4:00 pm

Name of Group: Friends of the Manor

Description: A discussion group with a quote posed and one's own personal reflections and thoughts.

Facilitator: Grant Lupher

Group meeting via telehealth/zoom:

[Hey Peers - Where Peers and Support Groups Connect](#)

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