



Service Area 1A – Antelope Valley Peer Support Group Calendar  
Contact Trina Forbes, Regional Coordinator – [tforbes@prpsn.org](mailto:tforbes@prpsn.org) or by Phone 213-458-4506

### Monday's

**Time:** 8:00 am – 10:00 am  
**Name of Group:** Straight Talk  
**Facilitator:** Thomas Cotrill  
**Group meeting via teleconference**  
**Contact:** Peer Supporter Trina Forbes for more information

**Time:** 8:00 am – 10:00 am  
**Name of Group:** Recovery Thru Self Care  
**Facilitator:** Theresa Roman  
**In person meeting/Moving location**  
**Contact:** Peer Supporter Trina Forbes for more information

**Time:** 12:00 pm – 1:00 pm  
**Name of Group:** Care & Share  
**Facilitator:** Patricia Belgard  
**In person meeting/Moving location**  
**Contact:** Peer Supporter Trina Forbes for more information

**Time:** 10:00 am – 11:00 am  
**Name of Group:** Life Skills  
**Facilitator:** Emerald Grant  
**Group meeting via teleconference**  
**Contact:** Peer Supporter Trina Forbes for more information

**Time:** 11:00 am – 12:00 pm  
**Name of Group:** Ups, Downs and Anxiety  
**Facilitator:** Debbie Young  
**In person meeting/Moving location**  
**Contact:** Peer Supporter Trina Forbes for more information

**Time:** 12:00 pm – 1:00 pm  
**Name of Group:** Life Skills  
**Facilitator:** Emerald Grant  
**Group meeting via teleconference**  
**Contact:** Peer Supporter Trina Forbes for more information

### Tuesday's

**Time:** 10:00 am – 11:00 am  
**Name of Group:** Life Adventures  
**Facilitator:** Gregory Soils  
**In person meeting/Moving location**  
**Contact:** Peer Supporter Trina Forbes for more information

**Time:** 10:00 am – 11:00 am  
**Name of Group:** Recovery Hour  
**Facilitator:** Benjamin Martin  
**In person meeting/Moving location**  
**Contact:** Peer Supporter Trina Forbes for more information

### Wednesday's

**Time:** 9:00 am – 10:00 am  
**Name of Group:** Men's Group  
**Facilitator:** Dana Robinson  
**Group meeting via teleconference**  
**Contact:** Peer Supporter Trina Forbes for more information

**Time:** 10:00 am – 11:00 am  
**Name of Group:** Color Me Happy  
**Facilitator:** Patricia Cologna  
**In person meeting/Moving location**  
**Contact:** Peer Supporter Trina Forbes for more information



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**Time:** 11:00 am – 12:00 pm  
**Name of Group:** Invent a New You  
**Facilitator:** Patricia Belgard  
**In person meeting/Moving location**  
**Contact:** Peer Supporter Trina Forbes for more information

**Time:** 12:00 pm – 1:00 pm  
**Name of Group:** Got Games  
**Facilitator:** Gregory Soils  
**In person meeting/Moving location**  
**Contact:** Peer Supporter Trina Forbes for more information

**Time:** 1:00 pm – 2:00 pm  
**Name of Group:** Dual Diagnosis  
**Facilitator:** Dana Robinson  
**Group meeting via teleconference**  
**Contact:** Peer Supporter Trina Forbes for more information

#### Friday's

**Time:** 10:00 am – 11:00 am  
**Name of Group:** Music Man  
**Facilitator:** Jessica Long  
**Group meeting via teleconference**  
**Contact:** Peer Supporter Trina Forbes for more information

**Time:** 10:00 am – 11:00 am  
**Name of Group:** Don't Sweat the Small Stuff  
**Facilitator:** Jessica Long  
**Group meeting via teleconference**  
**Contact:** Peer Supporter Trina Forbes for more information