

March 2020 Group Calendar

Discovery Resource Center 1529 East Palmdale Blvd.
Suite 113 Palmdale, CA 93550 Phone: 661-947-1595

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 - 11:00 AM Write It Out - 12:00 PM Peer Support Hour - 2:00 PM Communication Skills	3 - 10:00 AM Finding Joy through Gratitude - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Healthy Boundaries (PR) - 1:00 PM Life Skills - 2:00 PM Lets Get Active	4 - 10:00 AM Road to Wellness - 11:00 AM Bingo - 12:00 PM Healthy Relationship Skills (PR) - 1:00 PM Coping Skills - 2:00 PM Invent a New You (PR)	5 - 10:30 AM Arts and Crafts - 1:00 PM Karaoke	6 - 10:00 AM Music Minded (PR) - 10:30 AM Salvation army Outing - 1:30 PM Creative Space	7
8 	9 - 11:00 AM Poetry Corner - 1:00 PM Peer Support Hour - 2:00 PM Communication Skills	10 - 10:00 AM Finding Joy through Gratitude - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Life Skills	11 - 10:00 AM Road to Wellness - 11:00 AM All About Me (Self-Care) - 12:00 PM Healthy Relationship Skills (PR) - 1:00 PM Coping Skills - 2:00 PM Invent a New You (PR)	12 - 10:30 AM Arts and Crafts - 1:00 PM Karaoke	13 - 10:00 AM Music Minded (PR) - 10:30 AM Social Outing	14
15	16 - 11:00 AM Write It Out - 12:00 PM Peer Support Hour - 2:00 PM Communication Skills	17 - 10:00 AM Finding Joy through Gratitude - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Healthy Boundaries (PR) - 1:00 PM Life Skills - 2:00 PM Lets Get Active 	18 - 10:00 AM Road to Wellness - 11:00 AM Bingo - 12:00 PM Healthy Relationship Skills (PR) - 1:00 PM Coping Skills - 2:00 PM Invent a New You (PR)	19 - 10:30 AM Arts and Crafts - 1:00 PM Karaoke	20 - 10:00 AM Music Minded (PR) - 10:30 AM Salvation army Outing - 1:30 PM Creative Space	21
22	23 - 11:00 AM Poetry Corner - 1:00 PM Peer Support Hour - 2:00 PM Communication Skills	24 - 10:00 AM Finding Joy through Gratitude - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Life Skills	25 - 10:00 AM Road to Wellness - 11:00 AM All About Me (Self-Care) - 12:00 PM Healthy Relationship Skills (PR) - 1:00 PM Coping Skills The Center will close at 1:30 PM	26 - 10:30 AM Arts and Crafts - 1:00 PM Karaoke	27 - 10:00 AM Music Minded (PR) - 10:30 AM Social Outing	28
29	30 - 11:00 AM Write It Out - 12:00 PM Peer Support Hour - 2:00 PM Communication Skills	31 - 10:00 AM Finding Joy through Gratitude - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Healthy Boundaries (PR) - 1:00 PM Life Skills - 2:00 PM Lets Get Active				