









December 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	1 10am: Community Care 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	2 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's 3pm: David's Memorial	3 10:30am: Life in Quarantine 11:30am: What's Up 3:30pm: Let's Talk	4 1pm: Calm The Mind 3pm: TGIF - How was your week?	5
6	11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	8 10am: Community Care 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	9 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's 3pm: Laughter Hour	10  10:30am: Life in Quarantine 11:30am: What's Up 3:30pm: Let's Talk	11 No Groups 	12
13	11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	15 10am: Community Care 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	16 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's 3pm: Laughter Hour	17 10:30am: Life in Quarantine 11:30am: What's Up 3:30pm: Let's Talk	18 1pm: Calm The Mind 3pm: TGIF - How was your week?	19
20	11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	22 10am: Community Care 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	23 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's 3pm: Laughter Hour	24 Closed for Christmas Eve 	25 Closed for Christmas 	26  KWANZAA
27	11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	29 10am: Community Care 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	30 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's 3pm: Laughter Hour	31 Closed for New Years Eve	Jan 1 2021 Closed for New Years Day	
				All groups are FREE and open to anyone in the community to attend.		

Discovery Resource Center

1529 East Palmdale Blvd
Suite 113

Phone Number: 661-947-1595



Digital Groups Calendar Zoom
Please Note Groups Password: DRC