







April 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:30am: Life in Quarantine 11:30am: What's Up 	2 1pm: Calm The Mind 2pm: PR The Power of Self-Care 3pm: TGIF - How was your week?	3
4 	5 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	6  No Groups 1pm-3pm: Spring Art Show Pass: 12345	7 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's 3pm: Laughter Hour	8 10:30am: Life in Quarantine 11:30am: What's Up 2pm: Recreational Therapy Pass: 123456	9 1pm: Calm The Mind 2pm: PR The Power of Self-Care 3pm: TGIF - How was your week?	10
11	12 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	13 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	14 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's 2pm: Movie Group * Godzilla VS Kong	15 10:30am: Life in Quarantine 11:30am: What's Up 2pm: Recreational Therapy Pass: 123456	16 1pm: Calm The Mind 2pm: PR The Power of Self-Care 3pm: TGIF - How was your week?	17
18	19 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	20 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	21 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's 3pm: Laughter Hour	22  10:30am: Life in Quarantine 11:30am: What's Up 2pm: Recreational Therapy Pass: 123456	23 1pm: Calm The Mind 2pm: PR The Power of Self-Care 3pm: TGIF - How was your week?	24
25	26 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	27 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	28 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's	29 10:30am: Life in Quarantine 11:30am: What's Up 2pm: Recreational Therapy Pass: 123456	30 1pm: Calm The Mind 2pm: PR The Power of Self-Care 3pm: TGIF - How was your week?	
		* Note: The movie group on the 14th is through Google Meet not Zoom.			Groups Beginning with PR are ran by Project Return.	All groups are FREE and open to anyone in the community to attend.

Digital Groups Calendar Zoom
Please Note Groups Password:DRC

Discovery Resource Center

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MHALA
Mental Health America of Los Angeles