







March 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	2 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine 	3 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's 3pm: Laughter Hour	4 10:30am: Life in Quarantine 11:30am: What's Up 3:30pm: Let's Talk	5 1pm: Calm The Mind 2pm: PR The Power of Self-Care 3pm: TGIF - How was your week?	6
7	8 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	9 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	10 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's 3pm: Movie Group*	11 10:30am: Life in Quarantine 11:30am: What's Up 3:30pm: Let's Talk	12 1pm: Calm The Mind 2pm: PR The Power of Self-Care 3pm: TGIF - How was your week?	13
14	15 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	16 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	17 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's 3pm: Laughter Hour 	18 10:30am: Life in Quarantine 11:30am: What's Up 3:30pm: Let's Talk	19 1pm: Calm The Mind 2pm: PR The Power of Self-Care 3pm: TGIF - How was your week?	20 
21	22 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	23 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine Please note: March 23rd is the final day to submit for the Art show	24 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's	25 10:30am: Life in Quarantine 11:30am: What's Up 2pm: Well-Being w/ Nursing Staff 3:30pm: Let's Talk	26 1pm: Calm The Mind 2pm: PR The Power of Self-Care 3pm: TGIF - How was your week?	27
28	29 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	30 10am: Get the 411 11am: Employment Group 12pm: Benefits 101 2pm: Life in Quarantine	31 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's 3pm: Laughter Hour			
		* Note: The movie group on the 10th 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