








May 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	4 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	5 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's 3pm: Laughter Hour	6 10:30am: Life in Quarantine 11:30am: What's Up	7 1pm: Calm The Mind 2pm: PR Art & Soul 3pm: TGIF - How was your week?	8
9 	10 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	11 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	12 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's 2pm: Movie Group * The Sound of Metal	13 10:30am: Life in Quarantine 11:30am: What's Up	14 1pm: Calm The Mind 2pm: PR Art & Soul 3pm: TGIF - How was your week?	15
16	17 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	18 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	19 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's 3pm: Laughter Hour	20 10:30am: Life in Quarantine 11:30am: What's Up	21 1pm: Calm The Mind 2pm: PR Art & Soul 3pm: TGIF - How was your week?	22
23	24 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	25 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	26 10am: Freewriting 11am: Improve Your Mood 1pm: Stop ANT's	27 10:30am: Life in Quarantine 11:30am: What's Up 2pm: Well-Being Group	28 1pm: Calm The Mind 2pm: PR Art & Soul 3pm: TGIF - How was your week?	29
30	31 Closed No Gro 	* Note: The movie group on the 12th 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.

Discovery Resource Center

1529 East Palmdale Blvd
Suite 113

Phone Number: 661-947-1595

MHALA
Mental Health America of Los Angeles



Digital Groups Calendar Zoom
Please Note Groups Password:DRC