

# July 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <a href="#">10:30am: Life in Quarantine</a> <a href="#">11:30am: What's Up</a>	2 Closed in observance of Independence Day	3
4 	5 Closed in observance of Independence Day	6 <a href="#">10am: Get the 411</a> <a href="#">11am: Employment Group</a> <a href="#">12pm: The Social Corner</a> <a href="#">2pm: Life in Quarantine</a>	7 <a href="#">10am: Freewriting</a> <a href="#">11am: Improve Your Mood</a> <a href="#">1pm: Stop ANT's</a> <a href="#">3pm: Laughter Hour</a>	8 <a href="#">10:30am: Life in Quarantine</a> <a href="#">11:30am: What's Up</a>	9 <a href="#">1pm: Calm The Mind</a> <a href="#">2pm: PR Art &amp; Soul</a> <a href="#">3pm: TGIF - How was your week?</a>	10
11	12 <a href="#">11am: Good Morning Check In</a> <a href="#">1pm: Stress Reduction</a> <a href="#">3pm: Positive Thinking</a>	13 <a href="#">10am: Get the 411</a> <a href="#">11am: Employment Group</a> <a href="#">12pm: The Social Corner</a> <a href="#">2pm: Life in Quarantine</a>	14 <a href="#">10am: Freewriting</a> <a href="#">11am: Advocacy W/ Christine</a> <a href="#">1pm: Stop ANT's</a> <a href="#">2pm: Bingo!</a> 	15 <a href="#">10:30am: Life in Quarantine</a> <a href="#">11:30am: What's Up</a>	16 <a href="#">1pm: Calm The Mind</a> <a href="#">2pm: PR Art &amp; Soul</a> <a href="#">3pm: TGIF - How was your week?</a>	17
18	19 <a href="#">11am: Good Morning Check In</a> <a href="#">1pm: Stress Reduction</a> <a href="#">3pm: Positive Thinking</a>	20 <a href="#">10am: Get the 411</a> <a href="#">11am: Employment Group</a> <a href="#">12pm: Advocacy W/ Christine</a> <a href="#">2pm: Life in Quarantine</a>	21 <a href="#">10am: Freewriting</a> <a href="#">11am: Improve Your Mood</a> <a href="#">1pm: Stop ANT's</a> <a href="#">3pm: Laughter Hour</a>	22 <a href="#">10:30am: Life in Quarantine</a> <a href="#">11:30am: What's Up</a>	23 <a href="#">1pm: Calm The Mind</a> <a href="#">2pm: PR Art &amp; Soul</a> <a href="#">3pm: TGIF - How was your week?</a>	24
25	26 <a href="#">11am: Good Morning Check In</a> <a href="#">1pm: Stress Reduction</a> <a href="#">3pm: Positive Thinking</a>	27 <a href="#">10am: Get the 411</a> <a href="#">11am: Employment Group</a> <a href="#">12pm: The Social Corner</a> <a href="#">2pm: Life in Quarantine</a>	28 <a href="#">10am: Freewriting</a> <a href="#">11am: Improve Your Mood</a>	29 <a href="#">10:30am: Life in Quarantine</a> <a href="#">11:30am: What's Up</a> <a href="#">2pm: Well-Being Group</a>	30 <a href="#">1pm: Calm The Mind</a> <a href="#">2pm: PR Art &amp; Soul</a> <a href="#">3pm: TGIF - How was your week?</a>	31
					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