

August 2021

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