

September 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|--|---|---|
| | | | 1 10am: Freewriting 11am: Improve Your Mood 1pm: Feelings Through Art 3pm: Laughter Hour | 2 10:30am: The New Normal 11:30am: What's Up | 3 1pm: Calm The Mind 2pm: PR Art & Soul 3pm: TGIF - How was your week? | 4 |
| 5 | 6 Closed  | 7 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine | 8 10am: Freewriting 11am: Improve Your Mood 1pm: Feelings Through Art 3pm: Laughter Hour | 9 10:30am: The New Normal 11:30am: What's Up | 10 1pm: Calm The Mind 2pm: PR Art & Soul 3pm: TGIF - How was your week? | 11 |
| 12 | 13 11am: Good Morning Check In 1pm: Positive Writing 3pm: Stress Reduction | 14 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine | 15 10am: Freewriting 11am: Improve Your Mood 1pm: Feelings Through Art 3pm: Laughter Hour | 16 10:30am: The New Normal 11:30am: What's Up  | 17 1pm: Calm The Mind 2pm: PR Art & Soul 3pm: TGIF - How was your week?  | 18 |
| 19  | 20 11am: Good Morning Check In 1pm: Positive Writing 3pm: Stress Reduction | 21 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine | 22 10am: Freewriting 11am: Improve Your Mood 1pm: Feelings Through Art  | 23 10:30am: The New Normal 11:30am: What's Up 2pm: Well-Being Group | 24 1pm: Calm The Mind 2pm: PR Art & Soul 3pm: TGIF - How was your week? | 25 |
| 26  | 27 11am: Good Morning Check In 1pm: Positive Writing 3pm: Stress Reduction | 28 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine | 29 10am: Freewriting 11am: Improve Your Mood 1pm: Feelings Through Art 3pm: Laughter Hour | 30 10:30am: The New Normal 11:30am: What's Up | |  |
| | | | | | 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

1529 East Palmdale Blvd
Suite 113

Phone Number: 661-947-1595

MHALA
Mental Health America of Los Angeles

