

# October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <a href="#">1pm: Calm The Mind</a> <a href="#">2pm: PR Art &amp; Soul</a>	2 
3	4 <a href="#">11am: Good Morning Check In</a> <a href="#">1pm: Positive Writing</a> <a href="#">2pm: Stress Reduction</a>	5 <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>	6 <a href="#">10am: Freewriting</a> <a href="#">11am: Improve Your Mood</a> <a href="#">12pm: Laughter Hour</a> <a href="#">1pm: Feelings Through Art</a>	7 <a href="#">10:30am: The New Normal</a>	8 <a href="#">1pm: Calm The Mind</a> <a href="#">2pm: PR Art &amp; Soul</a>	9 
10 	11 <a href="#">11am: Good Morning Check In</a> <a href="#">1pm: Positive Writing</a> <a href="#">2pm: Stress Reduction</a>	12 <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>	13 <a href="#">10am: Freewriting</a> <a href="#">11am: Improve Your Mood</a> <a href="#">12pm: Laughter Hour</a> <a href="#">1pm: Feelings Through Art</a>	14 <a href="#">10:30am: The New Normal</a> <a href="#">11:30am: What's Up</a>	15 <a href="#">1pm: Calm The Mind</a> <a href="#">2pm: PR Art &amp; Soul</a>	16
17	18 <a href="#">11am: Good Morning Check In</a> <a href="#">1pm: Positive Writing</a> <a href="#">2pm: Stress Reduction</a>	19 <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>	20 <a href="#">10am: Freewriting</a> <a href="#">11am: Improve Your Mood</a> <a href="#">12pm: Laughter Hour</a> <a href="#">1pm: Feelings Through Art</a>	21 <a href="#">10:30am: The New Normal</a> <a href="#">11:30am: What's Up</a>	22 <a href="#">1pm: Calm The Mind</a> <a href="#">2pm: PR Art &amp; Soul</a>	23 
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31 					<b>Groups Beginning with PR are ran by Project Return.</b>	<b>All groups are FREE and open to anyone in the community to attend.</b>

## 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