


# November 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <a href="#">11am: Good Morning Check In</a> <a href="#">1pm: Positive Writing</a> <a href="#">2pm: Stress Reduction</a>	2 <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>	3 <a href="#">10am: Freewriting</a> <a href="#">11am: Improve Your Mood</a> <a href="#">12pm: Laughter Hour</a> <a href="#">1pm: Creative ♡'s</a>	4 <a href="#">10:30am: The New Normal</a> <a href="#">11:30am: What's Up</a>	5 <a href="#">1pm: Calm The Mind</a> <a href="#">2pm: PR Art &amp; Soul</a>	6
7	8 <a href="#">11am: Good Morning Check In</a> <a href="#">1pm: Positive Writing</a> <a href="#">2pm: Stress Reduction</a>	9 <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>	10 <a href="#">10am: Freewriting</a> <a href="#">11am: Improve Your Mood</a> <a href="#">12pm: Laughter Hour</a> <a href="#">1pm: Creative ♡'s</a>	11 <b>No Groups</b> <b>VETERANS DAY</b>	12 <a href="#">1pm: Calm The Mind</a> <a href="#">2pm: PR Art &amp; Soul</a>	13
14	15 <a href="#">11am: Good Morning Check In</a> <b>Short day no more groups</b>	16 <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>	17 <a href="#">10am: Freewriting</a> <b>Short day no more groups</b>	18 <a href="#">10:30am: The New Normal</a> <a href="#">11:30am: What's Up</a>	19 <a href="#">1pm: Calm The Mind</a> <a href="#">2pm: PR Art &amp; Soul</a>	20
21	22 <a href="#">11am: Good Morning Check In</a> <a href="#">1pm: Positive Writing</a> <a href="#">2pm: Stress Reduction</a>	23 <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>	24 <a href="#">10am: Freewriting</a> <a href="#">11am: Improve Your Mood</a> <a href="#">12pm: Laughter Hour</a>	25 <b>No Groups</b> 	26 <b>No Groups</b> 	27
28	29 <a href="#">11am: Good Morning Check In</a> <a href="#">1pm: Positive Writing</a> <a href="#">2pm: Stress Reduction</a>	30 <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>				
					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

