

December 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative ♡'s	2 10:30am: The New Normal 11:30am: What's Up	3 1pm: Calm The Mind 2pm: PR Art & Soul	
5	6 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	7 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	8 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative ♡'s	9 10:30am: The New Normal 11:30am: What's Up	10 No Groups 	11
12	13 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	14 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	15 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative ♡'s	16 10:30am: The New Normal 11:30am: What's Up	17 1pm: Calm The Mind 12pm: Karaoke/Open Mic 2pm: PR Art & Soul	18
19	20 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	21 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	22 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative ♡'s	23 No Groups	24 No Groups	25 
	27 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	28 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	29 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative ♡'s	30 No Groups	31 No Groups 	
					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

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MHALA
Mental Health America of Los Angeles

