





February 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	2 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative ♥'s	3 10:30am: The New Normal 11:30am: What's Up	4 1pm: Calm The Mind 12pm: Karaoke/Open Mic 2pm: PR Art & Soul	5
6	7 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	8 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	9 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative ♥'s	10 10:30am: The New Normal 11:30am: What's Up	11 1pm: Calm The Mind 12pm: Karaoke/Open Mic 2pm: PR Art & Soul	12
13 	14 ♥ 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	15 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	16 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative ♥'s	17 10:30am: The New Normal 11:30am: What's Up	18 1pm: Calm The Mind 12pm: Karaoke/Open Mic 2pm: PR Art & Soul	19
20	21 	22 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	23 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting	24 10:30am: The New Normal 11:30am: What's Up	25 1pm: Calm The Mind 12pm: Karaoke/Open Mic 2pm: PR Art & Soul	26
27	28 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction					
					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