

# January 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Closed Jan 17th in observance of Martin Luther King Jr. Day					1
2	3 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	4 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	5 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative ♥ 's	6 10:30am: The New Normal 11:30am: What's Up	7 1pm: Calm The Mind 12pm: Karaoke/Open Mic 2pm: PR Art & Soul	8
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23	24 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	25 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	26 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting	27 10:30am: The New Normal 11:30am: What's Up	28 1pm: Calm The Mind 12pm: Karaoke/Open Mic 2pm: PR Art & Soul	29
30	31 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