









April 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 1pm: Calm The Mind 12pm Karaoke/Open Mic 2pm: PR Art & Soul 	2 
3	4 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	5 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	6  10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative: ♥ 's	7 10:30am: The New Normal 11:30am: What's Up	8 1pm: Calm The Mind 12pm Karaoke/Open Mic 2pm: PR Art & Soul	9
10	11 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	12 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	13 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative: ♥ 's	14 10:30am: The New Normal 11:30am: What's Up	15 1pm: Calm The Mind 12pm Karaoke/Open Mic 2pm: PR Art & Soul	16
17 	18 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	19 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	20 10am: Freewriting 11am: Community Meeting 12pm: Goal Setting 1pm: Creative: ♥ 's	21 10:30am: The New Normal 11:30am: What's Up	22 1pm: Calm The Mind 12pm Karaoke/Open Mic 2pm: PR Art & Soul	23
24	25 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	26 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	27 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting	28 10:30am: The New Normal 11:30am: What's Up	29 1pm: Calm The Mind 12pm Karaoke/Open Mic 2pm: PR Art & Soul	30
		<u>Please join us for the Community Meeting on 3/20</u>			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