





# May 2022



**MHALA**  
Mental Health America of Los Angeles

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing	3 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	4 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative: ❤️'s	5 10:30am: The New Normal 11:30am: What's Up 	6 1pm: Calm The Mind 12pm: Karaoke/Open Mic 2pm: PR Art & Soul	7
8 	9 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	10 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	11 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative: ❤️'s	12 10:30am: The New Normal 11:30am: What's Up	13 1pm: Calm The Mind 12pm: Karaoke/Open Mic 2pm: PR Art & Soul	14
15	16 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	17 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	18 10am: Freewriting 11am: Community Meeting 12pm: Goal Setting 1pm: Creative: ❤️'s	19 10:30am: The New Normal 11:30am: What's Up	20 12pm: MHALA Art Showcase	21
22	23 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	24 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	25 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting	26 10:30am: The New Normal 11:30am: What's Up	27 1pm: Calm The Mind 12pm: Karaoke/Open Mic 2pm: PR Art & Soul	28
29	30 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	31 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It				
Please join us for the <b>Community Meeting on 5/18</b>		Please Note that the <b>Art Showcase uses a unique link different than usual</b>			Groups Beginning with <b>PR</b> are ran by Project Return.	All groups are <b>FREE</b> and open to anyone in the community to attend.

## Discovery Resource Center

1529 East Palmdale Blvd  
Suite 113

Phone Number: 661-947-1595



MENTAL HEALTH AMERICA OF LOS ANGELES PRESENTS

### Creativity is the Heartbeat of MHALA

MAY 20, 2022 · 12-2 PM

JOIN US FOR A VIRTUAL ART SHOW WHERE MHALA MEMBERS AND STAFF SHOW OFF THEIR CREATIVE FLAIR!

PAINTING · DRAWING  
POTTERY · PHOTOGRAPHY  
POETRY READING · MUSIC  
AND MORE!

ALL SUBMISSIONS DUE BY MAY 2, 2022

FOR DETAILS AND SUBMISSIONS CONTACT CYNTHIA PEREZ AT 661-860-0545 OR CPerez@MHALA.ORG

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Digital Groups Calendar Zoom  
Please Note Groups Password: DRC