





June 2022



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 12pm: Karaoke/Open Mic 2pm: PR Art & Soul	4 
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 1pm: Calm The Mind 12pm: Karaoke/Open Mic 2pm: PR Art & Soul	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: Community Meeting 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	23 10:30am: The New Normal 11:30am: What's Up	24 1pm: Calm The Mind 12pm: Karaoke/Open Mic 2pm: PR Art & Soul	25
26	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 10:30am: The New Normal 11:30am: What's Up		
<u>Please join us for the Community Meeting on 6/15</u>					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