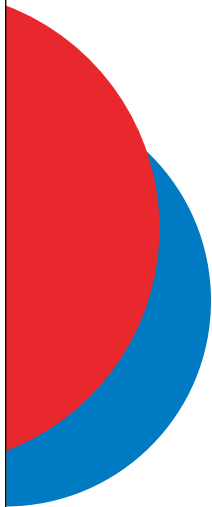


# July 2022






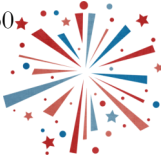


## Discovery Resource Center

1529 East Palmdale Blvd  
Suite 113

Phone Number: 661-947-1595



**MHALA**  
Mental Health America of Los Angeles

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <a href="#">1pm: Calm The Mind</a> <a href="#">12pm Karaoke/Open Mic</a> <a href="#">2pm: PR Art &amp; Soul</a>	2 
3	4 	5 <a href="#">10am: Get the 411</a> <a href="#">11am: Employment Group</a> <a href="#">12pm: The Social Corner</a> <a href="#">2pm: Lets Talk About It</a>	6 <a href="#">10am: Freewriting</a> <a href="#">11am: Improve Your Mood</a> <a href="#">12pm: Goal Setting</a> <a href="#">1pm: Creative ♥ 's</a>	7 <a href="#">10:30am: The New Normal</a> <a href="#">11:30am: What's Up</a>	8 <a href="#">1pm: Calm The Mind</a> <a href="#">12pm Karaoke/Open Mic</a> <a href="#">2pm: PR Art &amp; Soul</a>	9
10	11 <a href="#">11am: Good Morning Check In</a> <a href="#">12pm: Book Making</a> <a href="#">1pm: Positive Writing</a> <a href="#">2pm: Stress Reduction</a>	12 <a href="#">10am: Get the 411</a> <a href="#">11am: Employment Group</a> <a href="#">12pm: The Social Corner</a> <a href="#">2pm: Lets Talk About It</a>	13 <a href="#">10am: Freewriting</a> <a href="#">11am: Improve Your Mood</a> <a href="#">12pm: Goal Setting</a> <a href="#">1pm: Creative ♥ 's</a>	14 <a href="#">10:30am: The New Normal</a> <a href="#">11:30am: What's Up</a>	15 <a href="#">1pm: Calm The Mind</a> <a href="#">12pm Karaoke/Open Mic</a> <a href="#">2pm: PR Art &amp; Soul</a>	16
17	18 <a href="#">11am: Good Morning Check In</a> <a href="#">12pm: Book Making</a> <a href="#">1pm: Positive Writing</a> <a href="#">2pm: Stress Reduction</a>	19 <a href="#">10am: Get the 411</a> <a href="#">11am: Employment Group</a> <a href="#">12pm: The Social Corner</a> <a href="#">2pm: Lets Talk About It</a>	20 <a href="#">10am: Freewriting</a> <a href="#">11am: Community Meeting</a> <a href="#">12pm: Goal Setting</a> <a href="#">1pm: Creative ♥ 's</a>	21 <a href="#">10:30am: The New Normal</a> <a href="#">11:30am: What's Up</a>	22 <a href="#">1pm: Calm The Mind</a> <a href="#">12pm Karaoke/Open Mic</a> <a href="#">2pm: PR Art &amp; Soul</a>	23
24	25 <a href="#">11am: Good Morning Check In</a> <a href="#">12pm: Book Making</a> <a href="#">1pm: Positive Writing</a> <a href="#">2pm: Stress Reduction</a>	26 <a href="#">10am: Get the 411</a> <a href="#">11am: Employment Group</a> <a href="#">12pm: The Social Corner</a> <a href="#">2pm: Lets Talk About It</a>	27 <a href="#">10am: Freewriting</a> <a href="#">11am: Improve Your Mood</a> <a href="#">12pm: Goal Setting</a>	28 <a href="#">10:30am: The New Normal</a> <a href="#">11:30am: What's Up</a>	29 <a href="#">1pm: Calm The Mind</a> <a href="#">12pm Karaoke/Open Mic</a> <a href="#">2pm: PR Art &amp; Soul</a>	30 
31					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.

Digital Groups Calendar Zoom  
Please Note Groups Password: DRC