




August 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	2 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	3 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative ❤️'s	4 10:30am: The New Normal 11:30am: What's Up	5 1pm: Calm The Mind 12pm: Karaoke/Open Mic 2pm: PR Art & Soul	6
7	8 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	9 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	10 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative ❤️'s	11 10:30am: The New Normal 11:30am: What's Up	12 No Groups 	13
14	15 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	16 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	17 10am: Freewriting 11am: Community Meeting 12pm: Goal Setting 1pm: Creative ❤️'s	18 10:30am: The New Normal 11:30am: What's Up	19 1pm: Calm The Mind 12pm: Karaoke/Open Mic 2pm: PR Art & Soul	20
21	22 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	23 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	24 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting	25 10:30am: The New Normal 11:30am: What's Up	26 1pm: Calm The Mind 12pm: Karaoke/Open Mic 2pm: PR Art & Soul	27
28	29 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	30 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 2pm: Lets Talk About It	31 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative ❤️'s			
					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

1529 East Palmdale Blvd
Suite 113

Phone Number: 661-947-1595



MHALA
Mental Health America of Los Angeles