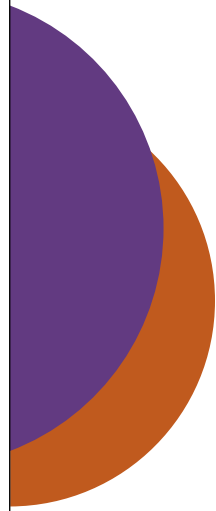


September 2022



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