

October 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 	3 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	4 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 1pm: Well-Being / Mental Health 2pm: Lets Talk About It	5 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative ♥ 's	6 10:30am: The New Normal 11:30am: What's Up	7 No Groups Please join us for Wellness Day 2022	8
9 	10 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	11 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 1pm: Well-Being / Mental Health 2pm: Lets Talk About It	12 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting 1pm: Creative ♥ 's	13 10:30am: The New Normal 11:30am: What's Up	14 10am: 1 on 1 Support 12pm Karaoke/Open Mic 1pm: Calm The Mind 2pm: PR Art & Soul	15
16	17 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	18 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 1pm: Well-Being / Mental Health 2pm: Lets Talk About It	19 10am: Freewriting 11am: Community Meeting 12pm: Goal Setting 1pm: Creative ♥ 's	20 10:30am: The New Normal 11:30am: What's Up	21 10am: 1 on 1 Support 12pm Karaoke/Open Mic 1pm: Calm The Mind 2pm: PR Art & Soul	22
23	24 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction	25 10am: Get the 411 11am: Employment Group 12pm: The Social Corner 1pm: Well-Being / Mental Health 2pm: Lets Talk About It	26 10am: Freewriting 11am: Improve Your Mood 12pm: Goal Setting	27 10:30am: The New Normal 11:30am: What's Up	28 10am: 1 on 1 Support 12pm Karaoke/Open Mic 1pm: Calm The Mind 2pm: PR Art & Soul	29 
30	31 11am: Good Morning Check In 12pm: Book Making 1pm: Positive Writing 2pm: Stress Reduction				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

Please join us on Friday
10/7/22 from 10:30am—
2:00pm for Wellness
Day at the Palmdale
office 1529 East
Palmdale Blvd north
side of the parking lot.

Digital Groups Calendar Zoom
Please Note Groups Password:DRC