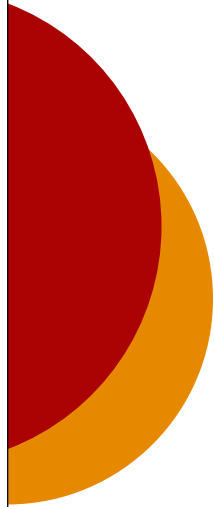


November 2022



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



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