

# January 2023



**Discovery Resource Center**  
 1529 East Palmdale Blvd  
 Suite 113  
 Phone Number: 661-947-1595

Groups marked with a \* are in person only and will be held at the Courson Arts Colony Library Address: 38147 10th St E, Palmdale, CA 93550

**MHALA**  
 Mental Health America of Los Angeles

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