

March 2023



Discovery Resource Center

Groups marked with a * are in person and will be held at the Courson Arts Colony Library Address: 38147 10th St E, Palmdale, CA 93550 on Mondays and MHALA Palmdale Address: 1529 East Palmdale Blvd 3rd Floor Suite 328 on Wednesdays.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 11am: Freewriting* 12pm: Improve Your Mood* 1pm: Goal Setting* 2pm: Creative ♡ 's*	2  10am: Good Morning Check In 11am: Hope and Cope 12pm: What's Up 1pm: Stress Reduction	3 10am: 1 on 1 Support 12pm: Karaoke/Open Mic 1pm: Calm The Mind 2pm: PR Art & Soul	4
5	6 12pm: Book Making* 2pm: Positive Writing	7 10am: Communication Skills 11am: Employment Group 12pm: The Social Corner 1pm: Well-Being / Mental Health 2pm: Lets Talk About It	8 11am: Freewriting* 12pm: Improve Your Mood* 1pm: Goal Setting* 2pm: Creative ♡ 's*	9 10am: Good Morning Check In 11am: Hope and Cope 12pm: What's Up 1pm: Stress Reduction	10 10am: 1 on 1 Support 12pm: Karaoke/Open Mic 1pm: Calm The Mind 2pm: PR Art & Soul	11
12	13 12pm: Book Making 2pm: Positive Writing	14 10am: Communication Skills 11am: Employment Group 12pm: The Social Corner 1pm: Well-Being / Mental Health 2pm: Lets Talk About It	15 11am: Freewriting* 12pm: Community Meeting * 1pm: Goal Setting* 2pm: Creative ♡ 's*	16 10am: Good Morning Check In 11am: Hope and Cope 12pm: What's Up 1pm: Stress Reduction	17 10am: 1 on 1 Support 12pm: Karaoke/Open Mic 1pm: Calm The Mind 2pm: PR Art & Soul 	18
19	20 12pm: Book Making* 2pm: Positive Writing 	21 10am: Communication Skills 11am: Employment Group 12pm: The Social Corner 1pm: Well-Being / Mental Health 2pm: Lets Talk About It	22 11am: Freewriting* 12pm: Improve Your Mood* 1pm: Goal Setting*	23 10am: Good Morning Check In 11am: Hope and Cope 12pm: What's Up 1pm: Stress Reduction	24 10am: 1 on 1 Support 12pm: Karaoke/Open Mic 1pm: Calm The Mind 2pm: PR Art & Soul	25
26	27 12pm: Book Making 2pm: Positive Writing	28 10am: Communication Skills 11am: Employment Group 12pm: The Social Corner 1pm: Well-Being / Mental Health 2pm: Lets Talk About It	29 11am: Freewriting* 12pm: Improve Your Mood* 1pm: Goal Setting* 2pm: Creative ♡ 's*	30 10am: Good Morning Check In 11am: Hope and Cope 12pm: What's Up 1pm: Stress Reduction	31 10am: 1 on 1 Support 12pm: Karaoke/Open Mic 1pm: Calm The Mind 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.

Digital Groups Calendar Zoom
Please Note Groups Password: DRC