




May 2023



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

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.

MHALA
Mental Health America of Los Angeles



Digital Groups Calendar Zoom
Please Note Groups Password:DRC