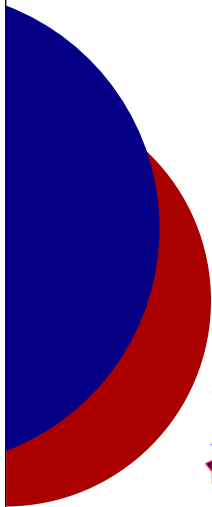


July 2023



Discovery Resource Center




MHALA Palmdale
Address:
1529 East Palmdale Blvd
Suite 113

Phone Number:
(661)947-1595

Groups marked with *
 Will be held in the 3rd floor
 community room.

Groups in green will continue to
 be held virtually only.



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

All Groups Available Digitally Please Use Link:
<https://zoom.us/j/3232325276?pwd=VE8rR0xEZ2I3RzJJM1ZCMkswanFIUT09>

Please Note Groups Password:DRC