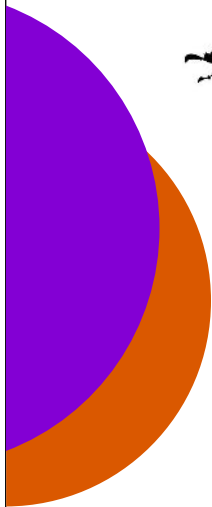




October 2023



Discovery Resource Center

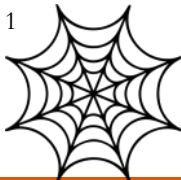


MHALA Palmdale
Address:
1529 East Palmdale Blvd
Suite 113

Phone Number:
(661)947-1595

Groups marked with *
Will be in person only.

Groups in green will continue to
be held virtually only.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 12pm: Healing Together* 1pm: PR Got Games 2pm: Creative ♥ 's*	3 10am: Communication Skills 11am: Employment Group 12pm: PR The Social Corner 1pm: What's Up	4 11am: Freewriting 12pm: Improve Your Mood* 1pm: Goal Setting* 2pm: Karaoke/Open Mic*	5 10am: Good Morning Check In 11am: Well-Being / Self Care	6 12:pm Arts + Crafts* 1pm: Games Group* 2pm: PR Art & Soul	7
8	9 12pm: Healing Together* 1pm: PR Got Games 2pm: Creative ♥ 's*	10 10am: Communication Skills 11am: Employment Group 12pm: PR The Social Corner 1pm: What's Up	11 11am: Freewriting 12pm: Improve Your Mood* 1pm: Goal Setting* 2pm: Karaoke/Open Mic*	12 10am: Good Morning Check In 11am: Well-Being / Self Care	13 12:pm Arts + Crafts* 1pm: Games Group* 2pm: PR Art & Soul	14
15	16 12pm: Healing Together* 1pm: PR Got Games 2pm: Creative ♥ 's*	17 10am: Communication Skills 11am: Employment Group 12pm: PR The Social Corner 1pm: What's Up	18 No Groups Golden Bells @ 4:00pm	19 10am: Good Morning Check In 11am: Well-Being / Self Care	20 12:pm Arts + Crafts* 1pm: Games Group* 2pm: PR Art & Soul	21
22	23 12pm: Healing Together* 1pm: PR Got Games 2pm: Creative ♥ 's*	24 10am: Communication Skills 11am: Employment Group 12pm: PR The Social Corner 1pm: What's Up	25 11am: Freewriting 12pm: Improve Your Mood* 1pm: Goal Setting* 2pm: Karaoke/Open Mic*	26 10am: Good Morning Check In 11am: Well-Being / Self Care	27 12:pm Arts + Crafts* 1pm: Games Group* 2pm: PR Art & Soul	28
29	30 12pm: Healing Together* 1pm: PR Got Games 2pm: Creative ♥ 's*	31 10am: Communication Skills 11am: Employment Group 12pm: PR The Social Corner 1pm: What's Up			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