



Discovery Resource Center
1529 East Palmdale Blvd Suite 328
Phone # (661) 947-1595



All support groups are free to anyone in the community to attend.

November 2023 Support Group Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	DRC Groups Available Digitally Please Use Link BELOW https://zoom.us/j/3232325276?pwd=VE8rRoxEZ2I3RzJJM1ZCMkswanFIUT09 Please Note Groups Password:DRC		1 (IN PERSON ONLY) 11am: Freewriting 12pm: Improve Your Mood 1pm: Goal Setting 2pm: Karaoke Open Mic	2 (IN PERSON & ONLINE) 10am: Breaking Barriers (Arcadia) 11am: Well-Being/ Self Care	3 (IN PERSON ONLY) 12:pm Arts + Crafts 1pm: Jewelry Making 2pm: PR Art & Soul	4 
5	6 (IN PERSON ONLY) 12pm: Healing Together 1 pm Progress Over Perfection (PR) 2pm: Creative Hearts	7 10am: Hope and Cope (online & in person) 11am: Employment Group (online & in person) 12pm: Social Corner (PR)	8 (IN PERSON ONLY) 11am: Freewriting 12pm: Improve Your Mood 1pm: Goal Setting 2pm: Karaoke/Open Mic	9 (IN PERSON & ONLINE) 10 10am: Breaking Barriers (Arcadia) 11am: Well-Being/ Self Care	10 CENTER CLOSED  Happy Veterans Day	11
12	13 (IN PERSON ONLY) 12pm: Healing Together 1 pm Progress Over Perfection (PR) 2pm: Creative Hearts	14 10am: Hope and Cope (online & in person) 11am: Employment Group (online & in person) 12pm: Social Corner (PR)	15 (IN PERSON ONLY) 11am: Freewriting 12pm Community Meeting 1pm: Goal Setting 2pm: Karaoke/Open Mic	16 (IN PERSON & ONLINE) 10am: Breaking Barriers (Arcadia) 11am: Well-Being/ Self Care	17 (IN PERSON ONLY) 12:pm Arts + Crafts 1pm: Jewelry Making 2pm: PR Art & Soul ONLINE ONLY click to join	18
19	20 (IN PERSON ONLY) 12pm: Healing Together 1 pm Progress Over Perfection (PR)	21 10am: Hope and Cope (online & in person) 11am: Employment Group (online & in person) 12pm: Social Corner (PR)	22 (IN PERSON ONLY) 11am: Freewriting 12pm: Improve Your Mood 1pm: Goal Setting 2pm: Karaoke/Open Mic	23 CENTER CLOSED 	24 CENTER CLOSED 	25
26	27 (IN PERSON ONLY) 12pm: Healing Together 1 pm Progress Over Perfection (PR) 2pm: Creative Hearts	28 10am: Hope and Cope (online & in person) 11am: Employment Group (online & in person) 12pm: Social Corner (PR)	29 (IN PERSON ONLY) 11am: Freewriting 12pm: Improve Your Mood 1pm: Goal Setting 2pm: Karaoke / Open Mic	30 IN PERSON & ONLINE 10am: Breaking Barriers (Arcadia) 11am: Well-Being/ Self Care	31 (IN PERSON ONLY) 12:pm Arts + Crafts 1pm: Jewelry Making 2pm: PR Art & Soul	

Groups Ending with PR are facilitated by Project Return Peer Support Network.

