





Discovery Resource Center
 1529 East Palmdale Blvd Suite 328 3rd Floor Phone # (661) 947-1595
 All support groups are free to anyone in the community to attend.



December 2023 Support Group Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 12 pm Arts + Crafts 1pm jewelry Making ONLINE Only click to join 2pm: PR Art & Soul	2
3	4 (IN PERSON ONLY) 12pm Healing Together 1 pm Progress Over Perfection(PR) 2pm: Creative Hearts	5 (online & in person) 10am: Hope and Cope (online & in person) 11am: Employment Group 12pm:Social Corner (PR) (in person only)	6 (IN PERSON ONLY) 11am: Freewriting 12pm: Improve Your Mood 1pm: Goal Setting 2pm: Karaoke/Open Mic	7 (IN PERSON & ONLINE) 10am: Breaking Barriers 11pm: Well-Being / Self Care	8 CLOSED	9
10	11 (IN PERSON ONLY) 12pm: Healing Together 1 pm Progress Over Perfection (PR) 2pm: Creative Hearts	12 10am: Hope and Cope (online & in person) 11am: Employment Group 12pm:Social Corner (PR) (in person only)	13 (IN PERSON ONLY) 11am: Freewriting 12pm Improve Your Mood 1pm: Goal Setting 2pm: Karaoke/Open Mic	14 (IN PERSON & ONLINE) 10am: Breaking Barriers 11am: Well-Being / Self Care	15 12 pm Arts + Crafts 1pm jewelry Making ONLINE Only click to join 2pm: PR Art & Soul	16
17	18 (IN PERSON ONLY) 12pm Healing Together 1 pm Progress Over Perfection (PR) 2pm: Creative Hearts	19 10am: Hope and Cope (online & in person) 11am: Employment Group (online & in person) 12pm:Social Corner (PR) (in person only)	20 (IN PERSON ONLY) 11am: Freewriting 12pm: Community Meeting 1pm: Goal Setting 2pm: Karaoke/Open Mic	21 (IN PERSON & ONLINE) 10am: Breaking Barriers 11am: Well-Being / Self Care	22 12 pm Arts + Crafts 1pm jewelry Making 2pm – Christmas movie ONLINE Only click to join 2pm: PR Art & Soul	23
24	25 <i>Merry Christmas</i> closed	26  Closed	27 (IN PERSON ONLY) 11am: Freewriting 12pm: Improve Your Mood 1pm: Goal Setting	28 (IN PERSON & ONLINE) 10am: Breaking Barriers 11am: Well-Being / Self Care	29 12 pm Arts + Crafts 1pm jewelry Making ONLINE Only click to join 2pm: PR Art & Soul	



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

