

# January 2024

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



## Peer Support Group Calendar



**MHALA**  
Mental Health America of Los Angeles

**Discovery Resource Center**  
1529 East Palmdale Blvd Suite 328 3rd Floor Phone # (661) 947-1595



**DRC Groups Available Digitally Please Use Link BELOW**

<https://zoom.us/j/3232325276?pwd=VE8rR0xEZ2I3RzJJM1ZCMkswanFIUT09>

Please Note Groups Password: DRC

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	1 <b>Closed</b>	2 <b>Closed</b>	3 ( IN PERSON ONLY ) 11am: Freewriting 12pm: Improve Your Mood 1pm: Goal Setting 2pm: Karaoke/Open Mic	4 (IN PERSON & ONLINE) 10am: Breaking Barriers 11am: Well-Being / Self Care	5 ( IN PERSON ) 12pm: Arts + Crafts 1pm: Jewelry Making <b>2pm: PR Art &amp; Soul</b> <b>ONLINE Only click to join</b>	6
7	8 ( IN PERSON ONLY ) 12pm: Healing Together 1pm: Progress Over Perfection(PR) 2pm: Creative Hearts	9 (online & in person) 10am: Hope and Cope <b>11am: Employment Group</b> 12pm: Social Corner (PR) (in person only)	10 ( IN PERSON ONLY ) 11am: Freewriting 12pm: Improve Your Mood 1pm: Goal Setting 2pm: Karaoke/Open Mic	11 (IN PERSON & ONLINE) 10am: Breaking Barriers 11am: Well-Being / Self Care	12 ( IN PERSON ) 12pm: Arts + Crafts 1pm: Jewelry Making <b>2pm: PR Art &amp; Soul</b> <b>ONLINE Only click to join</b>	13
14	15 <b>Closed</b>	16 (online & in person) 10am: Hope and Cope <b>11am: Employment Group</b> 12pm: Social Corner (PR) (in person only)	17 ( IN PERSON ONLY ) 11am: Freewriting 12pm: Improve Your Mood 1pm: Goal Setting 2pm: Karaoke/Open Mic	18 (IN PERSON & ONLINE) 10am: Breaking Barriers 11am: Well-Being / Self Care	19 ( IN PERSON ) 12pm: Arts + Crafts 1pm: Jewelry Making <b>2pm: PR Art &amp; Soul</b> <b>ONLINE Only click to join</b>	20
21	22 ( IN PERSON ONLY ) 12pm: Healing Together 1pm: Progress Over Perfection(PR) 2pm: Creative Hearts	23 (online & in person) 10am: Hope and Cope <b>11am: Employment Group</b> 12pm: Social Corner (PR) (in person only)	24 ( IN PERSON ONLY ) 11am: Freewriting 12pm: Improve Your Mood 1pm: Goal Setting 2pm: Karaoke/Open Mic	25 (IN PERSON & ONLINE) 10am: Breaking Barriers 11am: Well-Being / Self Care	26 ( IN PERSON ) 12pm: Arts + Crafts 1pm: Jewelry Making <b>2pm: PR Art &amp; Soul</b> <b>ONLINE Only click to join</b>	27
28	29 ( IN PERSON ONLY ) 12pm: Healing Together 1 pm Progress Over Perfection (PR) 2pm: Creative Hearts	30 (online & in person) 10am: Hope and Cope (online & in person) <b>11am: Employment Group</b> 12pm: Social Corner (PR) (in person only)	31 ( IN PERSON ONLY ) 11am: Freewriting 12pm: Improve Your Mood 1pm: Goal Setting 2pm: Karaoke/Open Mic			