

January

2024

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>


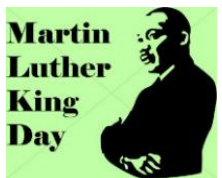
Please Note Groups
Password:
DRC

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



Peer Support- Group Calendar



Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	1 Closed 	2 Closed	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 2pm: PR Art & Soul ONLINE Only click to join	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 11am: Employment Group 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 2pm: PR Art & Soul ONLINE Only click to join	13
14	15 (IN PERSON & ONLINE) 10am: Breaking Barriers 11am: Well-Being / Self Care	16 CLOSED 	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 2pm: PR Art & Soul ONLINE Only click to join	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 11am: Employment Group 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 2pm: PR Art & Soul ONLINE Only click to join	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) 11am: Employment Group 12pm: Social Corner (PR) (in person only)	31 (IN PERSON ONLY) 11am: Freewriting 12pm: Improve Your Mood 1pm: Goal Setting 2pm: Karaoke/Open Mic	