






May 2018 Group Calendar

Discovery Resource Center 1609 East Palmdale Blvd.
Suite G Palmdale, CA 93550 Phone: 661-947-1595

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Life Skills	2 - 10:00 AM Get Ready for Work - 11:00 AM Bingo - 12:00 PM Yoga - 1:00 PM Invent a New You (PR)	3 - 10:30 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke	4 - 11:00 AM Double Edge Sword Recovery Group	5 
6	7 - 10:00 AM Woman's Group / Men's Group - 11:00 AM Tools for Recovery - 12:00 PM Poetry Club	8 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Life Skills	9 - 12:00 PM Yoga - 1:00 PM Invent a New You (PR)	10 - 10:30 AM Arts and Crafts The Center will close at 11:30 pm 	11 - 11:00 AM Double Edge Sword Recovery Group - 3:00 - 5:00 PM MHA Book Fair	12
13	 14 - 10:00 AM Woman's Group / Men's Group - 11:00 AM Tools for Recovery - 12:00 PM Poetry Club	15 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Life Skills	16 - 10:00 AM Get Ready for Work - 12:00 PM Yoga - 1:00 PM Invent a New You (PR)	17 - 10:30 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke	18 - 10:30 AM Salvation Army Outing - 11:00 AM Double Edge Sword Recovery Group	19
20	21 - 10:00 AM Woman's Group / Men's Group - 11:00 AM Tools for Recovery - 12:00 PM Poetry Club	22 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Life Skills	23 - 11:00 AM Bingo - 12:00 PM Yoga - 1:00 PM Invent a New You (PR) The center will close at 1:30 pm	24 - 10:30 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke	25 - 10:00 AM Social Outing - 11:00 AM Double Edge Sword Recovery Group	26
27	28 The Center Will be closed in observance of Memorial Day. 	29 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Life Skills	30 - 12:00 PM Yoga - 1:00 PM Invent a New You (PR)	31 - 10:30 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke		