




August 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
			<p>1</p> <ul style="list-style-type: none"> - 12:00 PM Swimming - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) 	<p>2</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke 	<p>3</p> <ul style="list-style-type: none"> - 10:00 AM Social Outing - 11:00 AM Double Edge Sword Recovery Group 	<p>4</p>
5	<p>6</p> <ul style="list-style-type: none"> - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Write It Out 	<p>7</p> <ul style="list-style-type: none"> - 10:00 AM Anger Detox (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Life Skills 	<p>8</p> <ul style="list-style-type: none"> - 12:00 PM Swimming - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) 	<p>9</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke 	<p>10</p> <ul style="list-style-type: none"> - 10:30 AM Salvation army Outing - 11:00 AM Double Edge Sword Recovery Group 	<p>11</p>
12	<p>13</p> <ul style="list-style-type: none"> - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Write It Out 	<p>14</p> <ul style="list-style-type: none"> - 10:00 AM Anger Detox (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Life Skills 	<p>15</p> <ul style="list-style-type: none"> - 10:00 AM Get Ready for Work - 11:00 AM Bingo - 12:00 PM Swimming - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) 	<p>16</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke 	<p>17</p> <ul style="list-style-type: none"> - 10:00 AM Social Outing - 11:00 AM Double Edge Sword Recovery Group 	<p>18</p>
19	<p>20</p> <ul style="list-style-type: none"> - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Write It Out 	<p>21</p> <ul style="list-style-type: none"> - 10:00 AM Anger Detox (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Life Skills 	<p>22</p> <ul style="list-style-type: none"> - 12:00 AM Swimming - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) <p><u>The center will close at 1:30 pm</u></p>	<p>23</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke 	<p>24</p> <ul style="list-style-type: none"> - 10:30 AM Salvation army Outing - 11:00 AM Double Edge Sword Recovery Group 	<p>25</p>
26	<p>27</p> <ul style="list-style-type: none"> - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Write It Out 	<p>28</p> <ul style="list-style-type: none"> - 10:00 AM Anger Detox (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Life Skills 	<p>29</p> <ul style="list-style-type: none"> - 12:00 PM Swimming - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) 	<p>30</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke 	<p>31</p> <ul style="list-style-type: none"> - 10:00 AM Social Outing - 11:00 AM Double Edge Sword Recovery Group 