



May 2019 Group Calendar

Discovery Resource Center 1529 East Palmdale Blvd.
Suite 113 Palmdale, CA 93550 Phone: 661-947-1595

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p><i>Please be aware of any changes in group schedule, also please remember the center's new hours of operation 9am-5pm.</i></p> <p>New groups coming soon.</p>	<p>1</p> <ul style="list-style-type: none"> - 10:00 AM Get Ready for Work - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) - 2:00 PM Thrive (PR) 	<p>2</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM Double Edge Sword - 1:00 PM Karaoke 	<p>3</p> <ul style="list-style-type: none"> - 10:00 AM Anger Detox (PR) - 10:30 AM Salvation army Outing 	<p>4</p>
<p>5</p>	<p>6</p> <ul style="list-style-type: none"> - 11:00 AM Write It Out - 1:00 PM Journaling Group 	<p>7</p> <ul style="list-style-type: none"> - 10:00 AM Tools for Recovery - 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"> - 11:00 AM All About Me (Self-Care) - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) - 2:00 PM Thrive (PR) 	<p>9</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM Double Edge Sword - 1:00 PM Karaoke 	<p>10</p> <ul style="list-style-type: none"> - 10:00 AM Anger Detox (PR) - 10:30 AM Salvation army Outing 	<p>11</p>
<p>12</p>	<p>13</p> <ul style="list-style-type: none"> - 11:00 AM Write It Out - 1:00 PM Journaling Group 	<p>14</p> <ul style="list-style-type: none"> - 10:00 AM Tools for Recovery - 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"> - 11:00 AM Bingo - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) - 2:00 PM Thrive (PR) 	<p>16</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM Double Edge Sword - 1:00 PM Karaoke 	<p>17</p> <ul style="list-style-type: none"> - 10:00 AM Anger Detox (PR) - 10:30 AM Salvation army Outing 	<p>18</p>
<p>19</p>	<p>20</p> <ul style="list-style-type: none"> - 11:00 AM Write It Out - 1:00 PM Journaling Group 	<p>21</p> <ul style="list-style-type: none"> - 10:00 AM Tools for Recovery - 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"> - 11:00 AM All About Me (Self-Care) - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) <p><i>The Center will close early At 1:30 PM for allstaff meeting.</i></p>	<p>23</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM Double Edge Sword - 1:00 PM Karaoke 	<p>24</p> <ul style="list-style-type: none"> - 10:00 AM Anger Detox (PR) - 10:30 AM Salvation army Outing 	<p>25</p>
<p>26</p>	<p>27</p> <p><i>The Center will be closed In observance of Memorial Day.</i></p>	<p>28</p> <ul style="list-style-type: none"> - 10:00 AM Tools for Recovery - 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 Coping Skills - 1:00 PM Invent a New You (PR) - 2:00 PM Thrive (PR) 	<p>30</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM Double Edge Sword - 1:00 PM Karaoke 	<p>31</p> <ul style="list-style-type: none"> - 10:00 AM Anger Detox (PR) - 10:30 AM Salvation army Outing 	