



August 2017 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><i>1</i></p> <ul style="list-style-type: none"> - 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 Communication Skills 	<p><i>2</i></p> <ul style="list-style-type: none"> - 10:00 AM Food for Thought (cooking group) - 12:00 PM Chicken Soup for the Soul - 1:00 PM <i>Invent a New You (PR)</i> 	<p><i>3</i></p> <ul style="list-style-type: none"> - 10:00 AM Lets Talk Family - 11:00 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke 	<p><i>4</i></p> <ul style="list-style-type: none"> - 10:00 AM Social Outing 	<p><i>5</i></p>
<i>6</i>	<p><i>7</i></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 Poetry Club 	<p><i>8</i></p> <ul style="list-style-type: none"> - 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 Communication Skills 	<p><i>9</i></p> <ul style="list-style-type: none"> - 10:00 AM Bingo - 11:00 AM Swimming Group - 11:00 AM Spiritual Support - 12:00 PM Chicken Soup for the Soul - 1:00 PM <i>Invent a New You (PR)</i> 	<p><i>10</i></p> <ul style="list-style-type: none"> - 10:00 AM Lets Talk Family - 11:00 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke 	<p><i>11</i></p> <p><i>The center will be closing</i></p> <p><i>At 11:00am</i></p>	<p><i>12</i></p>
<i>13</i>	<p><i>14</i></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 Poetry Club - 1:00 PM Food for Thought (cooking group) 	<p><i>15</i></p> <ul style="list-style-type: none"> - 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 Communication Skills 	<p><i>16</i></p> <ul style="list-style-type: none"> - 10:00 AM Food for Thought (cooking group) - 12:00 PM Chicken Soup for the Soul - 1:00 PM <i>Invent a New You (PR)</i> 	<p><i>17</i></p> <ul style="list-style-type: none"> - 10:00 AM Lets Talk Family - 11:00 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke 	<p><i>18</i></p> <ul style="list-style-type: none"> - 10:00 AM Social Outing 	<p><i>19</i></p>
<i>20</i>	<p><i>21</i></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 Poetry Club 	<p><i>22</i></p> <ul style="list-style-type: none"> - 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 Communication Skills 	<p><i>23</i></p> <ul style="list-style-type: none"> - 10:00 AM Bingo - 11:00 AM Swimming Group - 11:00 AM Spiritual Support - 12:00 PM Chicken Soup for the Soul - 1:00 PM <i>Invent a New You (PR)</i> <p><i>The Center will be closing early at 1:30 pm for All</i></p>	<p><i>24</i></p> <ul style="list-style-type: none"> - 10:00 AM Lets Talk Family - 11:00 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke 	<p><i>25</i></p> <ul style="list-style-type: none"> - 10:30 AM Salvation army Outing - 11:00 AM Color My World - 12:00 PM Get Active 	<p><i>26</i></p>
<i>27</i>	<p><i>28</i></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 Poetry Club - 1:00 PM Food for Thought (cooking group) 	<p><i>29</i></p> <ul style="list-style-type: none"> - 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 Communication Skills 	<p><i>30</i></p> <ul style="list-style-type: none"> - 10:00 AM Food for Thought (cooking group) - 12:00 PM Chicken Soup for the Soul - 1:00 PM <i>Invent a New You (PR)</i> 	<p><i>31</i></p> <ul style="list-style-type: none"> - 10:00 AM Lets Talk Family - 11:00 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke 		