

December 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 | | |
| 2 | 3 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 1:00 PM Write It Out | 4 - 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 | 5 - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) - 2:00 PM Thrive (PR) | 6 - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke | 7 - 10:00 AM Social Outing - 11:00 AM Double Edge Sword Recovery Group | 8 | | |
| 9 | 10 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 1:00 PM Write It Out | 11 - 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 | 12 - 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) | 13 - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke | 14 <i>The Center Will be Closed</i> | | 15 | |
| 16 | 17 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 1:00 PM Write It Out | 18 - 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 | 19 - 11:00 AM Bingo - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) - 2:00 PM Thrive (PR) | 20 - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke | 21 - 10:00 AM Social Outing - 11:00 AM Double Edge Sword Recovery Group | 22 | | |
| 23 | 24 The Center Will be Closed | | 25 The Center Will be Closed | | 26 - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) - 2:00 PM Thrive (PR) | 27 - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke | 28 - 10:30 AM Salvation Army Outing - 11:00 AM Double Edge Sword Recovery Group | 29 |
| 30 | 31 The Center Will be Closed | | 1 The Center Will be Closed | | | | | |

