



# July 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 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Write It Out 	3 - 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	4 <i>The center will be closed in observance of Independence day</i> 	5 - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke	6 - 10:00 AM Social Outing - 11:00 AM Double Edge Sword Recovery Group	7
8	9 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Write It Out	10 - 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	11 - 11:00 AM Swimming - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR)  <i><u>Summer Potluck!</u></i> <i><u>Starts at 11:00 AM</u></i>	12 - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke	13 - 10:30 AM Salvation army Outing - 11:00 AM Double Edge Sword Recovery Group	14
15	16 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Write It Out	17 - 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 	18 - 10:00 AM Get Ready for Work - 11:00 AM Bingo - 11:00 AM Swimming - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR)	19 - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke	20 - 10:00 AM Social Outing - 11:00 AM Double Edge Sword Recovery Group	21
22	23 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Write It Out	24 - 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	25 - 11:00 AM Swimming - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR)  <b><u>The center will close at 1:30 pm</u></b>	26 - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke	27  <i><u>The center will close At 11:30 am</u></i>	28
29	30 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Write It Out	31 - 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				