

November 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 - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke	2 - 10:30 AM Salvation army Outing - 11:00 AM Double Edge Sword Recovery Group	3
4	5 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 1:00 PM Write It Out	6 - 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	7 - 10:00 AM Get Ready for Work - 11 AM Swimming - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) - 2:00 PM Thrive (PR)	8 - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke	9 - 10:00 AM Social Outing - 11:00 AM Double Edge Sword Recovery Group	10
11	12 The Center will Be closed for Veterans Day 	13 - 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	14 - 10:00 AM Get Ready for Work - 11:00 AM Bingo - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) - 2:00 PM Thrive (PR)	15 - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke	16 - 10:30 AM Salvation army Outing - 11:00 AM Double Edge Sword Recovery Group	17
18	19 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 1:00 PM Write It Out 	20 - 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	21 - 10:00 AM Get Ready for Work - 11:00 AM Swimming - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) - 2:00 PM Thrive (PR)	22 The Center will be Closed in observance Of Thanksgiving 	23 Closed 	24
25	26 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 1:00 PM Write It Out	27 - 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	28 - 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)	29 - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke	30 - 10:30 AM Salvation army Outing - 11:00 AM Double Edge Sword Recovery Group	