

January 2019 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>1</p> <p><i>The Center Will be closed</i></p> | <p>2</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>3</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke | <p>4</p> <ul style="list-style-type: none"> - 10:00 AM Social Outing - 11:00 AM Double Edge Sword Recovery Group | <p>5</p> |
| 6 | <p>7</p> <ul style="list-style-type: none"> - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 1:00 PM Write It Out | <p>8</p> <ul style="list-style-type: none"> - 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 | <p>9</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>10</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke | <p>11</p> <ul style="list-style-type: none"> - 10:30 AM Salvation army Outing - 11:00 AM Double Edge Sword Recovery Group | <p>12</p> |
| 13 | <p>14</p> <ul style="list-style-type: none"> - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 1:00 PM Write It Out | <p>15</p> <ul style="list-style-type: none"> - 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 | <p>16</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>17</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke | <p>18</p> <ul style="list-style-type: none"> - 10:00 AM Social Outing - 11:00 AM Double Edge Sword Recovery Group | <p>19</p> |
| 20 |  | <p>22</p> <ul style="list-style-type: none"> - 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 | <p>23</p> <ul style="list-style-type: none"> - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) <p><i>The Center Will close early At 1:30 pm</i></p> | <p>24</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke | <p>25</p> <ul style="list-style-type: none"> - 10:30 AM Salvation army Outing - 11:00 AM Double Edge Sword Recovery Group | <p>26</p> |
| 27 | <p>28</p> <ul style="list-style-type: none"> - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 1:00 PM Write It Out | <p>29</p> <ul style="list-style-type: none"> - 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 | <p>30</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>31</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke |  | |

