






# March 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
					<i>1</i> - 10:00 AM Social Outing - 11:00 AM Double Edge Sword Recovery Group	<i>2</i>
3	<i>4</i> - 10:00 AM Tools for Recovery - 11:00 AM Write It Out - 1:00 PM Woman's Group / Men's Group	<i>5</i> - 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	<i>6</i> - 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)	<i>7</i> - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke	<i>8</i> - 10:30 AM Salvation army Outing - 11:00 AM Double Edge Sword Recovery Group	<i>9</i>
10	<i>11</i> - 10:00 AM Tools for Recovery - 11:00 AM Write It Out - 1:00 PM Woman's Group / Men's Group	<i>12</i> - 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	<i>13</i> - 11:00 AM All About Me (Self-Care) - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) - 2:00 PM Thrive (PR)	<i>14</i> - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke	<i>15</i> - 10:00 AM Social Outing - 11:00 AM Double Edge Sword Recovery Group	<i>16</i>
17	 <i>18</i> - 10:00 AM Tools for Recovery - 11:00 AM Write It Out - 1:00 PM Woman's Group / Men's Group	<i>19</i> - 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	 <i>20</i> - 11:00 AM Bingo - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) - 2:00 PM Thrive (PR)	<i>21</i> - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke	<i>22</i> - 10:30 AM Salvation army Outing - 11:00 AM Double Edge Sword Recovery Group	<i>23</i>
24	<i>25</i> - 10:00 AM Tools for Recovery - 11:00 AM Write It Out - 1:00 PM Woman's Group / Men's Group	<i>26</i> - 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	<i>27</i> - 11:00 AM All About Me (Self-Care) - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) <b>The Center will be closing at 1:30 pm</b>	<i>28</i> - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke	<i>29</i> - 10:00 AM Social Outing - 11:00 AM Double Edge Sword Recovery Group 	<i>30</i>
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