

Greetings from M.A.B!

First, let us start out by saying “Hello” from your Wellness Center Member Advisory Board (MAB)! One of the primary goals of the Member Advisory Board is to ensure that all members are receiving services they need from the Wellness Center to work on their recovery. You can help us achieve this goal by completing a short survey. Your help is greatly appreciated!

We miss you at the Wellness Center, and we hope to have you back soon!

Sincerely,

M.A.B. Members

Three easy ways to complete the survey:

1. Log in to The Wellness Center website and click on the survey link on the bottom of the home page.
2. Click on or type the following link into your browser:

<https://www.surveymonkey.com/r/WCInactivememberssurvey>

3. Visit us at The Wellness Center to fill out the survey in person.

THE WELLNESS CENTER HAS



FOR YOU!

The Wellness Center
401 South Tustin Street Bldg. C
Orange, CA 92866
714-361-4860
www.wellnesscenteroc.com

These are some changes that occurred while you were away:

Wellness Guides and Recovery Partners:

The goal of the Wellness Guides and Recovery Partners Program is to support and assist members in staying connected to the Center and engaged in their recovery. Guides and Partners vast life experiences are utilized to assist members and to make one on one connections with members. Come to the center to find out more information!

Nutrition 101:

Patrick Wise is one of our new Peer Mentors. Patrick is a Health Educator specializing in Nutrition and Healthy Living. He leads numerous groups to include Nutrition 101, Cooking, Juicing, and Book Club.

Employment Assistance:

Members may receive assistance locating job leads, resume development, interview and job skills and one on one coaching by attending the Employment group on Wednesdays at 10 a.m. or by requesting assistance from our Employment Coach, Raymelle Davis, who is available from Monday – Friday.

Social Time:

Fellow Members and staff gather to socialize by playing games and engaging conversations. This is a great time to get to know one another.

New Calendar Format:

The Wellness Center now has 80 groups per week, 2 Daily Social Times, Morning Ice Breakers, and an extend evening Social Time on Fridays.

All information can be located on website:

www.wellnesscenteroc.com