

Wellness Center Central

May 2024

Calendar is subject to change. Translators available upon request

401 S. Tustin Street # C
Orange, CA 92866
Phone: (714)361-4860

Hours of Operation
Monday-Thursday & Saturday 9:00am-5:00pm
Friday 9:00am-8:00pm

WELLNESS CENTER CENTRAL
MENTAL HEALTH
AWARENESS MONTH

BBQ



SATURDAY, MAY 4TH

12:00 P.M. - 1:00 P.M.

401 S. TUSTIN ST. BUILDING C
ORANGE, CA 92866
714-361-4861



WCC IS FUNDED BY OC HEALTH
CARE AGENCY THROUGH THE
MENTAL HEALTH SERVICES ACT

Please view our BLOG at www.wellnesscenteroc.com
for fun, informative ideas and resources. If you have suggestions,
comments, or blogs to contribute, please email
Sohail.Eftekharzadeh@pathways.com

CELEBRATE
MENTAL HEALTH
AWARENESS MONTH

@

WELLNESS CENTER CENTRAL'S
MEMBER APPRECIATION CARNIVAL

FRIDAY, MAY 31, 2024 | 12:00 P. M. - 3:00 P. M.

401 S. TUSTIN ST. BUILDING C
ORANGE, CA 92866
714-361-4860

THANK YOU FOR BEING A MEMBER OF WCC!

COME ENJOY A TIME OF FOOD,
GAMES, & PRIZES.

FOOD CATERED FROM



12:00 P. M. - 1:30 P. M.

*CURRENT MEMBERSHIP/RENEWAL
REQUIRED FOR ENTRY



FUNDED BY OC HEALTH CARE
AGENCY THROUGH THE MENTAL
HEALTH SERVICES ACT

Wellness Center Central

May 2024

Calendar is subject to change. Translators available upon request.

401 S. Tustin Street # C

Orange, CA 92866

Phone: (714)361-4860

www.wellnesscenteroc.com

Hours of Operation

Monday-Thursday & Saturday 9:00am-5:00pm

Friday 9:00am-8:00pm

JOB CLUB



goodwill
orange county

Growth Mindset

TOPICS COVERED:

- Define Growth Mindset
- Define Fixed Mindset
- Explore Positive Self-Talk
- Five Steps from Negative Self-Talk to Positive Self-Talk



VIRTUAL EVENT

THURSDAY
MAY 9, 2023

2:00 P.M.
TO 3:15 P.M.



ZOOM ID: 894 4919 5727



PASSCODE: 522457



Open to all individuals receiving mental health services from within the OC Health Care Agency's behavioral health care system or receiving services at any OC Wellness Centers.

RSVP

PLEASE RSVP WITH YOUR EMPLOYMENT SPECIALIST
Any questions, contact our offices at the numbers below. ▼



North Employment WORKS
2230 S. Yale St. #A,
Santa Ana, CA 92704
714.638.1741

South Employment WORKS
23871 Via Fabricante, #401
Mission Viejo, CA 92691
949.900.0550

Funded by the OC Health Care Agency through the Mental Health Services Act.



CAMP PLANNING MEETING



Saturday,
May 18, 2024
03:00 PM



Wellness Center Central
401 S Tustin St., Orange

OR attend on Zoom:

Meeting ID: 820 9715 8725

Passcode: MRC

Questions? ✉ info@communitycamp.org

Wednesday

1 9:15-9:45
Ice Breaker LR
9:45-10:45
Wellness Wednesday 114
Gardening OS
9:45-11:00
NAMI Connection 108 (H)
824 5047 2205
9:45-11:15
Art Workshop 113
10:00-10:30
Walk & Talk OS
10:00-11:00
AA Open Meeting 111
(H) 836 0460 9371
11:00-11:50
Community Meeting LR
(H) 844 3176 0396

11:00-2:00
Volunteerism F
Food Distribution

12:00-1:00
Social Time LR (H)
823 6633 6837

1:00-2:00
ASL Sign Language 108
Young Adult Group
Preparing for
the Future 107

1:00-2:30
Jewelry Design 113

1:00-2:30
Uke N' Feel Better 111
WRAP 114 (H)
832 7126 3020

2:00-3:30 LR

Psychiatric Advance
Directives (PADs)
Community Planning
Meeting-Phase I
Information Update &
Phase II Proposal

2:15-3:15
Grupo de Apoyo 108

2:30-3:30
Bingo 107

2:30-4:00
Chess Club 114
Crochet 113

3:00-4:30
West African
Drumming 111

3:30-4:30
Journaling y Escritura 107
Social Skills 108

Thursday

2 9:15-9:45
Ice Breaker LR
9:45-10:45
Tai Chi 107/OS
9:45-11:15
OFF Campus Sport
Activities-Grijalva Park
10:00-11:00
Healthy Living 114
(H) 812 0742 2407
DBSA 108
(H) 852 7154 9027

10:00-3:00
Social Outing F
Santa Ana Zoo

11:00-11:50
Open Discussion 108
Brain Health 114
Positive Thinking 107
(H) 841 4238 8927

12:00-1:00
Social Time LR

12:00-3:00
Volunteerism F
Beach Clean Up

1:00-2:00
Juicing K
College & Career
Pathways 114
Enlightenment 111

1:00-2:30
Advanced
Music Academy 108
(H) 885 0804 0727

2:00-4:30
Open Art Class 113

3:30-4:30
NA Open Meeting 111
(H) 836 0460 9371
Poetry 114

Friday

3 9:15-9:45
Ice Breaker LR
10:00-11:00
Looking Good-Feeling
Good 108
10:00-11:30
Cooking K
10:00-11:30
Glass Arts/Mosaics 113
Join Us For Coffee F
11:00-11:30
Chat With MAB 114
11:00-12:00
Stay Fit Friday 107/OS
AA Open Meeting 111
LGBTQ+(Closed)108
12:00-1:00
Community Meeting LR
(H) 844 3176 0396
1:00-2:00
Mindfulness 111
Balance & Boundaries 108
Auto-Empoderamiento 114
1:00-3:00
Fun With Acrylics 113
2:00-3:00
Women's Group 111
(H) 875 7924 1408
Men's Group 114
(H) 865 8458 5314

3:00-4:30
Good Vibes Circle 108
Chess Club 114
West African
Drumming 111

3:15-4:15
Tea Time K

5:00-8:00
Social Hour LR, 113, 108
Anime/Japanese
Language 107

Saturday

4 9:15-9:45
Ice Breaker LR
9:45-10:35
Coping Skills 108
9:45-10:45
Jewelry Design 113
10:00-11:00
Schizophrenia
Alliance 114

10:00-3:30
Social Outing F
May Parade at
Old Town Orange

11:00-12:00
Enlightenment 108
(H) 867 7506 1248

11:30-3:30
Matinee Movies
at AMC 30 at the
Outlets at Orange
Van leaves
WCC at 11:45+-
Box Office 12:00+-
Return Pick -3:30+-

12:00-1:00
Spring
Barbecue



1:30-2:30
Topic of the Day 108
(H) 810 6071 6338
Poetry 114
NAMI Connection 108
(H) 825 2384 8811

2:30-4:30
Fun With Acrylics 113
In House Cinema LR
Bingo 114
Karaoke 108
Fun with Games 107

Wellness Center Central

May 2024

Calendar is subject to change. Translators available upon request.

401 S. Tustin Street # C
Orange, CA 92866
Phone: (714)361-4860

Hours of Operation
Monday-Thursday & Saturday 9:00am-5:00pm
Friday 9:00am-8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 9:15-9:45 Ice Breaker LR 10:00-10:30 Walk & Talk OS 10:00-11:00 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 10:00-11:30 Jewelry Design 113 10:00-1:00 OFF Campus Sport Activities-Grijalva Park 11:00-12:00 Break through the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 Yoga 107 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 Healthy Relationships 108 (H) 840 3417 3056 Effective Communication 111 1:00-2:30 Healing With Art 113 1:30-3:00 Cooking K 2:15-3:15 Coping Skills 108 Social Anxiety 111 3:30-4:30 DBSA 108 Game Time 114	7 9:15-9:45 Ice Breaker LR 9:45-10:45 Eat Well, Live Well 114 (H) 814 7469 2733 10:00-11:00 Al-Anon Meeting 107 Sounds With Ar'rell 111 10:00-11:30 OFF Campus Sport Activities-Grijalva Park 10:00-12:00 Watercolors 113 10:00-1:00 Volunteerism F Gold Coast Farms 10:30-12:00 Music Academy 108 (H) 885 0804 0727 11:00-12:00 Schizophrenia Alliance 114 DBSA 111 Karaoke 107 12:00-1:00 Social Time LR 1:00-2:00 Self Empowerment 111 (H) 895 9260 2224 Time Travel with Terry 108 (H) 818 6899 2601 1:30-2:30 Beginning Computer 109 2:00-4:00 Bowling at Concourse F 2:15-3:15 Anger Management 108 (H) 897 1661 6727 Glass Arts/Mosaics 113 3:30-4:30 Chess Club 114 Relaciones Saludables 108	8 9:15-9:45 Ice Breaker LR 9:45-10:45 Wellness Wednesday 114 Gardening OS 9:45-11:00 NAMI Connection 108 (H) 824 5047 2205 9:45-11:15 Art Workshop 113 10:00-10:30 Walk & Talk OS 10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371 11:00-11:50 Community Meeting LR (H) 844 3176 0396 12:00-1:00 Social Time LR (H) 823 6633 6837 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 ASL Sign Language 108 Young Adult Group Preparing for the Future 107 1:00-2:30 Jewelry Design 113 Uke'N'Feel Better 111 WRAP 114 (H) 832 7126 3020 2:15-3:15 Grupo de Apoyo 108 2:30-3:30 Bingo 107 2:30-4:00 Chess Club 114 Crochet 113 3:00-4:30 West African Drumming 111 3:30-4:30 Journaling y Escritura 107 Social Skills 108	9 9:15-9:45 Ice Breaker LR 9:45-10:45 Tai Chi 107/OS 9:45-11:15 OFF Campus Sport Activities-Grijalva Park 10:00-11:00 Healthy Living 114 (H) 812 0742 2407 DBSA 108 (H) 852 7154 9027 10:00-3:00 Social Outing F San Juan Capistrano 11:00-11:50 Open Discussion 108 Brain Health 114 Positive Thinking 107 (H) 841 4238 8927 12:00-1:00 Social Time LR 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 Juicing K College & Career Pathways 114 Enlightenment 111 2:00-3:15 Job Club 114 Growth Mindset 894 4919 5727 Passcode: 522457 Advanced Music Academy 108 (H) 885 0804 0727 2:00-4:30 Open Art Class 113 3:30-4:30 NA Open Meeting 111 (H) 836 0460 9371 Poetry 114 (H) 860 6045 5887	10 9:15-9:45 Ice Breaker LR 10:00-11:00 Looking Good-Feeling Good 108 10:00-11:30 Cooking K 10:00-11:30 Glass Arts/Mosaics 113 Join Us For Coffee F 11:00-11:30 Ambassador Meeting/ PPSP 108 11:00-12:00 Stay Fit Friday 107/OS AA Open Meeting 111 LGBTQ+(Closed)108 12:00-1:00 Community Meeting LR (H) 844 3176 0396 1:00-2:00 Mindfulness 111 Balance & Boundaries 108 Auto-Empoderamiento 114 1:00-3:00 Fun With Acrylics 113 2:00-3:00 Women's Group 111 (H) 875 7924 1408 Men's Group 114 (H) 865 8458 5314 3:00-4:30 Good Vibes Circle 108 Chess Club 114 West African Drumming 111 3:15-4:15 Rock & Roll-Choir 107 (H) 857 3185 8460 5:00-8:00 Social Hour LR, 113, 108 Anime/Japanese Language 107	11 9:15-9:45 Ice Breaker LR 9:45-10:45 Coping Skills 108 10:00-12:00 Jewelry Design 113 10:00-11:00 Schizophrenia Alliance 114 10:30-4:00 Social Outing F Wetlands & Wildlife Care Center Tour & "Wildlife Baby Shower" 11:00-12:00 Enlightenment 108 (H) 867 7506 1248 11:30-3:30 Matinee Movies at AMC 30 at the Outlets at Orange Van leaves WCC at 11:45+- Box Office 12:00+- Return Pick -3:30+- 12:00-1:00 Topic of the Day 108 (H) 810 6071 6338 1:00-2:00 Poetry 114 NAMI Connection 108 (H) 825 2384 8811 2:15-4:25 Fun With Acrylics 113 In House Cinema LR Bingo 114 Karaoke 108 Fun with Games 107
Translators available upon request in: Spanish, Korean Vietnamese,					

Wellness Center Central

May 2024

Calendar is subject to change. Translators available upon request.

401 S. Tustin Street # C
Orange, CA 92866
Phone: (714)361-4860

www.wellnesscenteroc.com

Hours of Operation
Monday-Thursday & Saturday 9:00am-5:00pm
Friday 9:00am-8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 9:15-9:45 Ice Breaker LR 10:00-10:30 Walk & Talk OS 10:00-11:00 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 10:00-11:30 Jewelry Design 113 10:00-1:00 OFF Campus Sport Activities-Grijalva Park 11:00-12:00 Break through the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 Yoga 107 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 Healthy Relationships 108 (H) 840 3417 3056 Effective Communication 111 1:00-2:30 Healing With Art 113 1:30-3:00 Cooking K 2:15-3:15 Coping Skills 108 Social Anxiety 111 3:30-4:30 DBSA 108 Game Time 114	14 9:15-9:45 Ice Breaker LR 9:45-10:45 Eat Well, Live Well K (H) 814 7469 2733 10:00-11:00 Al-Anon Meeting 107 Sounds With Ar'ell 111 10:00-11:30 OFF Campus Sport Activities-Grijalva Park 10:00-12:00 Watercolors 113 10:00-1:00 Volunteerism F Gold Coast Farms 10:30-12:00 Music Academy 108 (H) 885 0804 0727 11:00-12:00 Schizophrenia Alliance 114 DBSA 111 Karaoke 107 12:00-1:00 Social Time LR New Lung 114 (H) 852 9041 3250 Contact Staff to enroll 1:00-2:00 Self Empowerment 111 (H) 895 9260 2224 Time Travel with Terry 108 (H) 818 6899 2601 1:30-2:30 Beginning Computer 109 2:00-4:00 Bowling at Concourse F 2:15-3:15 Anger Management 108 (H) 897 1661 6727 Glass Arts/Mosaics 113 3:30-4:30 Chess Club 114 Relaciones Saludables 108	15 9:15-9:45 Ice Breaker LR 9:45-10:35 Wellness Wednesday 114 Gardening OS 9:45-11:00 NAMI Connection 108 (H) 824 5047 2205 9:45-11:15 Art Workshop 113 10:00-10:30 Walk & Talk OS 10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371 10:00-2:00 Education Fair WCW 11:00-11:50 Community Meeting LR (H) 844 3176 0396 11:00-2:00 Volunteerism F Food Distribution 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 ASL Sign Language 108 Young Adult Group Preparing for the Future 107 1:00-2:30 Jewelry Design 113 Uke'N'Feel Better 111 WRAP 114 (H) 832 7126 3020 2:15-3:15 Grupo de Apoyo 108 2:30-3:30 Bingo 107 2:30-4:00 Chess Club 114 Crochet 113 3:00-4:30 West African Drumming 111 3:30-4:30 Journaling y Escritura 107 Social Skills 108	16 9:15-9:45 Ice Breaker LR 9:45-10:45 Tai Chi 107/OS 9:45-11:15 OFF Campus Sport Activities-Grijalva Park 10:00-11:00 Healthy Living 114 (H) 812 0742 2407 DBSA 108 (H) 852 7154 9027 10:00-1:00 Social Outing MHSA PAC Mtg. Wellness, Resilience, & Recovery: Integrating Recovery Principles into Full Service Partnerships RSVP Needed! 11:00-11:50 Open Discussion 108 Brain Health 114 Positive Thinking 107 (H) 841 4238 8927 12:00-1:00 Social Time LR 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 Juicing K College & Career Pathways 114 Enlightenment 111 1:00-2:30 Advanced Music Academy 108 (H) 885 0804 0727 2:00-4:30 Open Art Class 113 3:30-4:30 NA Open Meeting 111 (H) 836 0460 9371 Poetry 114 (H) 860 6045 5887	17 9:15-9:45 Ice Breaker LR 9:45-12:15 Education Fair WCS 10:00-11:00 Looking Good-Feeling Good 108 10:00-11:30 Cooking K 10:00-11:30 Glass Arts/Mosaics 113 Join Us For Coffee F 10:00-12:00 Social Outing Education Fair WCS 11:00-11:30 Chat With MAB 114 11:00-12:00 Stay Fit Friday 107/OS AA Open Meeting 111 LGBTQ+(Closed)108 12:00-1:00 Community Meeting LR (H) 844 3176 0396 1:00-2:00 Mindfulness 111 Balance & Boundaries 108 Auto-Empoderamiento 114 1:00-3:00 Fun With Acrylics 113 2:00-3:00 Women's Group 111 (H) 875 7924 1408 Men's Group 114 (H) 865 8458 5314 3:00-4:30 Good Vibes Circle 108 Chess Club 114 West African Drumming 111 3:15-4:15 Tea Time K 5:00-8:00 Social Hour LR, 113, 108 Anime/Japanese Language	18 9:15-9:45 Ice Breaker LR 9:45-10:45 Coping Skills 108 10:00-12:00 Jewelry Design 113 10:00-11:00 Schizophrenia Alliance 114 10:00-3:30 Social Outing F Brea Bonanza Days 11:00-12:00 Enlightenment 108 (H) 867 7506 1248 11:30-3:30 Matinee Movies at AMC 30 at the Outlets at Orange Van leaves WCC at 11:45+- Box Office 12:00+- Return Pick -3:30+- 12:00-1:00 Topic of the Day 108 (H) 810 6071 6338 1:00-2:00 Poetry 114 NAMI Connection 108 (H) 825 2384 8811 2:15-4:25 Fun With Acrylics 113 In House Cinema LR Bingo 114 Karaoke 108 Fun with Games 107 3:00-4:00 **Join to get info!** Camp Planning Mtg 111 820 9715 8725 Passcode MRC



CAMP PLANNING
MEETING

Wellness Center Central

May 2024

Calendar is subject to change. Translators available upon request.

401 S. Tustin Street # C

Orange, CA 92866

Phone: (714)361-4860

www.wellnesscenteroc.com

Hours of Operation

Monday-Thursday & Saturday 9:00am-5:00pm

Friday 9:00am-8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 9:15-9:45 Ice Breaker LR 10:00-10:30 Walk & Talk OS 10:00-11:00 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 10:00-11:30 Jewelry Design 113 10:00-1:00 OFF Campus Sport Activities-Grijalva Park 11:00-12:00 Break through the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 Yoga 107 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 Healthy Relationships 108 (H) 840 3417 3056 Effective Communication 111 1:00-2:30 Healing With Art 113 1:30-3:00 Cooking K 2:15-3:15 Coping Skills 108 Social Anxiety 111 3:30-4:30 DBSA 108 Game Time 114	21 9:15-9:45 Ice Breaker LR 9:45-10:45 Eat Well, Live Well 114 (H) 814 7469 2733 10:00-11:00 Al-Anon Meeting 107 Sounds With Ar'rell 111 10:00-11:30 OFF Campus Sport Activities-Grijalva Park 10:00-12:00 Watercolors 113 10:00-1:00 Volunteerism F Gold Coast Farms 10:30-12:00 Music Academy 108 (H) 885 0804 0727 11:00-12:00 Schizophrenia Alliance 114 DBSA 111 Karaoke 107 12:00-1:00 Social Time LR 1:00-2:00 Self Empowerment 111 (H) 895 9260 2224 Time Travel with Terry 108 (H) 818 6899 2601 1:30-2:30 Beginning Computer 109 2:00-4:00 Bowling at Concourse F 2:15-3:15 Anger Management 108 (H) 897 1661 6727 Glass Arts/Mosaics 113 3:30-4:30 Chess Club 114 Relaciones Saludables 108	22 9:15-9:45 Ice Breaker LR 9:45-10:45 Wellness Wednesday 114 Gardening OS 9:45-11:00 NAMI Connection 108 (H) 824 5047 2205 9:45-11:15 Art Workshop 113 10:00-10:30 Walk & Talk OS 10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371 11:00-11:50 Community Meeting LR (H) 844 3176 0396 12:00-1:00 Social Time LR (H) 823 6633 6837 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 ASL Sign Language 108 Young Adult Group Preparing for the Future 107 1:00-2:30 Jewelry Design 113 Uke'N'Feel Better 111 WRAP 114 (H) 832 7126 3020 2:15-3:15 Grupo de Apoyo 108 2:30-3:30 Bingo 107 2:30-4:00 Chess Club 114 Crochet 113 3:00-4:30 West African Drumming 111 3:30-4:30 Journaling y Escritura 107 Social Skills 108	23 9:15-9:45 Ice Breaker LR 9:45-10:45 Tai Chi 107/OS 9:45-11:15 OFF Campus Sport Activities-Grijalva Park 10:00-11:00 Healthy Living 114 (H) 812 0742 2407 DBSA 108 (H) 852 7154 9027 10:00-3:00 Social Outing F Balboa Fun Zone 11:00-12:00 Open Discussion 108 Brain Health 114 Positive Thinking 107 (H) 841 4238 8927 12:00-1:00 Social Time LR 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 Juicing K College & Career Pathways 114 Enlightenment 111 1:00-2:30 Advanced Music Academy 108 (H) 885 0804 0727 2:00-4:30 Open Art Class 113 3:30-4:30 NA Open Meeting 111 (H) 836 0460 9371 Poetry 114 (H) 860 6045 5887	24 9:15-9:45 Ice Breaker LR 10:00-11:00 Looking Good-Feeling Good 108 10:00-11:30 Cooking K 10:00-11:30 Glass Arts/Mosaics 113 Join Us For Coffee F 11:00-11:30 Ambassador Meeting/ PPSP 114 11:00-12:00 Stay Fit Friday 107/OS AA Open Meeting 111 LGBTQ+(Closed)108 12:00-1:00 Community Meeting LR (H) 844 3176 0396 1:00-2:00 Mindfulness 111 Balance & Boundaries 108 Auto-Empoderamiento 114 1:00-3:00 Fun With Acrylics 113 2:00-3:00 Women's Group 111 (H) 875 7924 1408 Men's Group 114 (H) 865 8458 5314 3:00-4:30 Good Vibes Circle 108 Chess Club 114 West African Drumming 111 3:15-4:15 Rock & Roll-Choir 107 (H) 857 3185 8460 5:00-8:00 Social	25 9:15-9:45 Ice Breaker LR 9:45-10:45 Coping Skills 108 10:00-12:00 Jewelry Design 113 10:00-11:00 Schizophrenia Alliance 114 10:30-4:00 Social Outing F Strawberry Festival 11:00-12:00 Enlightenment 108 (H) 867 7506 1248 11:30-3:30 Matinee Movies at AMC 30 at the Outlets at Orange Van leaves WCC at 11:45+- Box Office 12:00+- Return Pick -3:30+- 12:00-1:00 Topic of the Day 108 (H) 810 6071 6338 1:00-2:00 Poetry 114 NAMI Connection 108 (H) 825 2384 8811 2:15-4:25 Fun With Acrylics 113 In House Cinema LR Bingo 114 Karaoke 108 Fun with Games 107



Wellness Center Central

May 2024

Calendar is subject to change. Translators available upon request.

401 S. Tustin Street # C

Orange, CA 92866

Phone: (714)361-4860

www.wellnesscenteroc.com

Hours of Operation

Monday-Thursday & Saturday 9:00am-5:00pm

Friday 9:00am-8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	
27 ***** CLOSED In Honor of Memorial Day  Have a SAFE and FUN Holiday Weekend!! ***** (H)=Hybrid Zoom/Onsite Group is online/onsite	28 9:15-9:45 Ice Breaker LR 9:45-10:45 <u>Eat Well,</u> <u>Live Well 114</u> (H) 814 7469 2733 10:00-11:00 Al-Anon Meeting 107 Sounds With Arrell 111 10:00-11:30 OFF Campus Sport Activities-Grijalva Park 10:00-12:00 Watercolors 113 10:00-1:00 Volunteerism F Gold Coast Farms 10:30-12:00 <u>Music Academy 108</u> (H) 885 0804 0727 11:00-12:00 Schizophrenia Alliance 114 DBSA 111 Karaoke 107 12:00-1:00 Social Time LR 1:00-2:00 <u>Self Empowerment 111</u> (H) 895 9260 2224 <u>Time Travel with Terry</u> 108 (H) 818 6899 2601 1:30-2:30 Beginning Computer 109 2:00-4:00 Bowling at Concourse F 2:15-3:15 <u>Anger Management 108</u> (H) 897 1661 6727 Glass Arts/Mosaics 113 3:30-4:30 Chess Club 114 Relaciones Saludables 108	29 9:15-9:45 Ice Breaker LR 9:45-10:45 Wellness Wednesday 107 Gardening OS 9:45-11:00 <u>NAMI Connection 108</u> (H) 824 5047 2205 9:45-11:15 Art Workshop 113 10:00-10:30 Walk & Talk OS 10:00-11:00 <u>AA Open Meeting 111</u> (H) 836 0460 9371 10:00-11:00 Rm 114 **Benefits Workshop** With Dung Le-OC HCA SSDI Work Incentive Rules & Employment 11:00-11:50 <u>Community Meeting LR</u> (H) 844 3176 0396 12:00-1:00 <u>Social Time LR</u> (H) 823 6633 6837 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 ASL Sign Language 108 Young Adult Group Preparing for the Future 107 1:00-2:30 Jewelry Design 113 Uke'N'Feel Better 111 <u>WRAP 114</u> (H) 832 7126 3020 2:15-3:15 Grupo de Apoyo 108 2:30-3:30 Bingo 107 2:30-4:00 Chess Club 114 Crochet 113 3:00-4:30 West African Drumming 111 3:30-4:30 Journaling y Escritura 107 Social Skills 108	30 9:15-9:45 Ice Breaker LR 9:45-10:45 Tai Chi 107/OS 9:45-11:15 OFF Campus Sport Activities-Grijalva Park 10:00-11:00 <u>Healthy Living 114</u> (H) 812 0742 2407 <u>DBSA 108</u> (H) 852 7154 9027 10:00-3:00 Social Outing F San Pedro 11:00-12:00 Open Discussion 108 Brain Health 114 <u>Positive Thinking 107</u> (H) 841 4238 8927 12:00-1:00 Social Time LR 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 Juicing K College & Career Pathways 114 Enlightenment 111 1:00-2:30 <u>Advanced</u> <u>Music Academy 108</u> (H) 885 0804 0727 2:00-4:30 Open Art Class 113 3:30-4:30 <u>NA Open Meeting 111</u> (H) 836 0460 9371 <u>Poetry 114</u> (H) 860 6045 5887	31 9:15-9:45 Ice Breaker LR 10:00-11:00 <u>Looking Good-Feeling</u> Good 108 10:00-11:30 Cooking K 10:00-11:30 Glass Arts/Mosaics 113 Join Us For Coffee F 11:00-12:00 Stay Fit Friday 107/OS AA Open Meeting 111 12:00-3:00 Member Appreciation Carnival OS MEMBER APPRECIATION CARNIVAL  3:30-4:30 Good Vibes Circle 108 Chess Club 114 West African Drumming 111 3:30-4:15 Tea Time K 5:00-8:00 Social Hour LR, 113, 108 Anime/Japanese Language	<i>Employment</i> <i>& Education</i> <i>support by</i> <i>appointment</i> <i>Please</i> <i>Contact</i> <i>Mario at</i> <i>(949) 406-9687</i> <i>9am-5pm</i> <i>Mon-Fri</i> <i>*Notice*</i> <i>Campus Sport</i> <i>Activities</i> <i>This group is off</i> <i>campus at</i> <i>Grijalva Park</i> <i>368 N. Prospect</i> <i>Orange</i> <i>X-street-Chapman</i> <i>*Weather</i> <i>Permitting*</i> <i>Meet us there or</i> <i>ride with us.</i> <i>For Help</i> <i>with your</i> <i>Wellness</i> <i>Recovery</i> <i>Action Plan</i> <i>(WRAP)</i> <i>~~~~~</i> <i>Please call</i> <i>Diana for</i> <i>Assistance at</i> <i>(714) 361-4860</i> <i>9am-5pm</i>

Group Descriptions

Emotional Groups: *Designed to aid our members with establishing their own ability to cope and understand themselves, while addressing overall member goals related to advocacy and recovery.*

Anger Management-Members learn to utilize the tools needed to recognize, accept, and understand emotional feelings and physiological reactions anger causes, and how to respond effectively.

Art Groups-Come join any Art Group (see calendar) to learn to use art as a tool for self-expression & self-exploration & benefit from using art as a creative way to process feelings.

Balance and Boundaries-Members can explore steps to establishing and maintaining healthy boundaries.

Break through the Barriers of Trauma-takes a holistic (mind, body, soul, spirit) approach to overcoming trauma. This trauma-informed care class gives participants the recovery tools to be resilient.

Coping Skills-Members learn techniques to better manage, and how to effectively cope with daily struggles in life.

DBSA (Depression, Bipolar Support Alliance)-DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders. Meets three times weekly.

College & Career Pathways (Employment/Education)-Attend group; call for support and assistance—get help with locating hot job leads, resume help, interview tips and much more. If you've been thinking about going back to school, or are curious if you should go back. WCC staff will assist and guide you through the process and provide information about school related materials. Members are encouraged to speak to our facilitators and/or Employment/Education Specialist anytime.

Grupo de Apoyo-Para miembros de habla hispana (support group in Spanish)

Healthy Relationships-Members explore different types of relationships and how to engage in healthy relationships.

Relaciones Saludables-(Healthy Relationships in Spanish) Los miembros exploran diferentes tipos de relaciones y como entablar relaciones saludables.

Jewelry Design- Members learn about beading and making different kinds of jewelry such as necklace and bracelets.

Job Club- Provides ongoing motivation and group support while reinforcing and improving job-seeking skills.

LGBTIQ+ -Closed Group (allies welcome-please see staff)-Share and Care Support group giving open-minded, helpful, safe and kind environment and atmosphere for LGBTQ+ community to discuss their successes and concerns exclusive of outside influence.

Men's Group-This group is an open forum to share ideas, concerns, and solutions specific to men.

Glass Arts/Mosaics- In these classes members practice forms of glass art including stained glass and mosaics.

NAMI Connection- NAMI Connection is a recovery support group for adults living with mental illness where members learn from sharing experiences and coping strategies in a positive and supportive environment. Meets twice weekly.

Poetry- Join fellow members to read and learn poetry and incorporate it in your recovery journey.

Positive Thinking- Members will have the opportunity to review positive quote from famous people and discuss how these quotes can be applied to daily lives.

Rock n'Roll-Choir- Come join in to learn & sing fun/popular songs sharing music in recovery together; bring your own instrument if you can. All experience levels welcome!

Schizophrenia Alliance- join us to learn about and discuss schizophrenia and related schizoaffective disorders and diagnosis for better understanding, learn the six steps for recovery and how we can diffuse stigmas and fears and offer support in recovery and wellness. Meets twice a week.

Self-Empowerment- Members have an opportunity to discuss many practical coping skills and tools which lead to self-empowerment as they recognize their own role in the recovery process.

Social Anxiety Support Group- In this group, we share our experiences with social anxiety and ways to cope with it, do some role playing to challenge ourselves while having some fun and read over some material related to social anxiety, and discuss. Open to people with any anxiety about anything!

Women's Group- This group is an open forum to share ideas, concern, and solutions specific to women.

Watercolors- Learn water color and graphite techniques from a fellow member.

Young Adult Group-Preparing for the Future: For members aged 18 to 26—Come discuss hopes & dreams for the future & how to plan.

Physical Groups: *Designed to promote the ability to strive for and achieve a healthy quality of life, while addressing overall member goals related to physical health, nutrition, and overall well-being.*

Brain Health- This group discusses ways to improve one's memory and introduces practical memory techniques, overall health of the brain and what science newly discovers on brain health.

Campus Sports Activities—Join fellow members and staff for friendly games of ... **Basketball-** Members practice basketball techniques and learn to play a team sport on a half court located on the Wellness Center campus. **Horseshoes-** Members practice throwing horseshoes on a half court located on the Wellness Center campus and **Volley Ball-** Members practice volleyball skills and learn to play a team sport off campus at a local park and/or Huntington Beach.

Cooking Classes- Make and share a meal with fellow members! We learn budget menus, special diets, and some gourmet meals too. Bring a recipe to share if you have a favorite.

Healthy Living- Members learn different steps, actions and strategies one puts in place to achieve optimum health.

Gardening- This class integrates the "garden" into our human culture and civilization. This class teaches members about gardening, agriculture, and how to take care of our natural resources.

Juicing- Members learn about juicing of fruit and vegetables and its health benefits.

Laughter Yoga demonstrates using breath and voluntary laughter giving the same physiological & psychological benefits as spontaneous laughter.

Tai Chi- Eastern exercise, using breath and slow movement to build energy and strength. Daily practice helpful for self-defense.

Walk & Talk-Stroll around the WCC campus and/or to the bike trail along the nearby creek while chatting with fellow members and staff. Meets two times a week.

Yoga- Members learn basic & intermediate yoga to create balance in the body through developing strength & flexibility. All are welcome, beginners thru advanced.

Spiritual Groups: Designed to assist members with finding their own personal peace and tranquility while addressing overall member goals related to values and wellness:

AA Open Meeting (Alcoholics Anonymous) -This 12-Step meeting uses a traditional 12 steps model that has been expanded and developed for people with varied substance abuse issues. It provides support and social networking through community involvement while recovering from substance and alcohol abuse/dependence.

Dual Recovery Anonymous- This 12-Step group provides support and social networking through community involvement while recovering from mental illness and other issues such as substance abuse/dependence.

Enlightenment- Members share moments in life that helped them gain wisdom, spiritual achievements, and physical progress. All are encouraged to discuss personal Ah-ha moments.

Mindful Meditation & Mindfulness-These classes help to increase awareness of oneself through spiritual exercises like breathing, meditation and mindfulness practices.

NA (Narcotics Anonymous) Open meeting— With the 12 Steps, assists with finding the freedom to live your life without the use of drugs. NA is a fellowship of men and women for whom drugs have become a major problem.

Resilience- Learn the ability to bounce back, recover, develop a stronger capacity to respond to adversity and even build inner strength and boost confidence in many areas of life.

Sounds With Ar'rell Come meditate with resonant, immersive sounds to help relax, let go of stress, anxiety & other worries & concerns.

West African Drumming – Members learn the history of drums from the West African Region while practicing rhythms that have specific meanings. The drums are authentic West African drums.

WRAP (Wellness Recovery Action Plan)-Learn to identify what keeps us well, and then use your own Wellness Tools to relieve difficult feelings and maintain wellness and a higher quality of life.

Social Groups: Designed to provide our members with the opportunity to establish and maintain healthy, positive and lasting relationships with their friends and families while addressing overall member goals. Some groups are indoor or outdoor recreation and/or community involvement.

Ambassador Meeting/PPSP- WCC Peer Partner Support Program & Ambassador Program for members who wish to share the recovery they have experienced to assist & support other members.

Beginning Computer-An introduction to all things computers, from hardware to software. Open to all levels of proficiency and covers internet browsing and e-mail as well.

Bingo & Super Bingo- Members enjoy the game of B I N G O!!!! Enjoy spending time with fellow members playing a fun game!

Join Us For Coffee-Come with us to spend a little time chatting and enjoying a quick meal.

Chat With MAB-Spend a little time with your Member Advisory Board members and staff to give feedback and suggestions.

Chess Club- Join other members and staff to build your chess playing skills and strategies each week or learn the game from some experienced players.

Community Meeting- This important weekly meeting is for all members to learn more about the Center as they get updates on the center, different activities and groups, and events that are going on in the community. Members also get to meet the staff and interact with them.

Karaoke- Members share their love for singing and connect with others through music. No singing skills required!

Life Hacks-Tips, tricks and short cuts to make life easier. Join us to chat and share about ways to make life simpler!

Matinee Movie/In House Cinema- Members enjoy watching movies both in the community and at the center. Members are encouraged to discuss their thoughts about these movies afterwards.

Music Academy- High quality, fun and personalized vocal and guitar lessons from an experienced professional! You may bring your own guitar if you have one.

Open Discussion- This group provides support for members to help them through their recovery, self-esteem, confidence, etc. It is also a group that discuss various subjects.

Social Hour- This group provides a great opportunity for members to come out and socialize with others through Karaoke, Wii Sports, Bingo and other games.

Social Outing – This group offers an opportunity for members to go to local venues in the community to learn about history, art, special places, try something different, get out and have some fun.

Social Time- This daily group is a time to practice good social skills while having some fun playing games, guessing trivia and riddles and sharpening memory.

Tea Time- Members enjoy a traditional Tea Ceremony, learning the history of tea, the benefits of drinking tea while relaxing and socializing with one another.

Time Travel with Terry -Learn about History from a knowledgeable historian. Hear the history of locations and events and how they have

Volunteerism- This group offers unique opportunities to serve others and the community. It teaches how to give back as it is an important part of the recovery.