

# Wellness Center West

11277 Garden Grove Blvd., Suite 101A, Garden Grove, CA 92840

Hours: Mon-Sat 9AM-5PM Thurs 9AM-7PM Sunday Closed

Phone: (657) 667-6455 Fax: (714) 620-7995

\*Classes repeat each week unless specific dates are noted

# January 2019 Calendar

rev: 12-12-18

\*Calendar Subject to Change

[www.wellnesscenterwest.org](http://www.wellnesscenterwest.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Special Events:</b></p> <ul style="list-style-type: none"> <li>· New Lungs Seminar 12/3/18 at 10:00am-10:50am</li> <li>· Orange Zoo @ Irvine Park (\$2) 12/5/18 at 11:30am-2:00pm</li> <li>· Open Mic Night 12/6/18 at 4:30pm-5:30pm</li> <li>· Free Art Therapy Workshop 12/7/18 at 2:00pm-4:00pm</li> <li>· Volunteering @ St. Anselm's Church 12/11/18 at 2:30pm-4:00pm</li> <li>· HEMOPETS 12/13/18 at 9:30am-10:50am</li> <li>· Norooz Clinic Presentation "Holiday Self-Care" 12/18/18 at 11:30am-12:00pm</li> </ul>	<ul style="list-style-type: none"> <li>· Welcome Excursion: Niguel Botanical Preserve 12/18/18 at 11:30am-1:30pm</li> <li>· WCW Annual Holiday Dance 12/20/18 at 1:00pm-4:00pm</li> <li>· Holiday 12/25/18 WCW will be Closed</li> <li>· Volunteer Meet &amp; Greet 12/26/18 at 12pm-3pm</li> <li>· Campus Field Trip: Centennial College 12/27/18 at 1:30pm-4:00pm</li> <li>· Birthday Celebration 12/29/18 at 10:00am-2:00pm</li> </ul>	<p>Resume by appointment w/ Denise on Wednesdays &amp; Fridays.</p> <p>Vocational Education campus field trip on 3rd Thursday of each month</p> <p>Housing counseling/information w/ Mary on Tuesdays &amp; Fridays.</p> <p>10-12 Pathways to Recovery (AA) 10-10:50 Organic Gardening (OS) <b>10-10:50 "Vietnamese" Daily Decision Making "Những quyết định hàng ngày" (SR)</b> <b>10-11:20 NAMI Connection (MR)</b> 11-11:50 Life Skills (AA) <b>11-11:50 SMART GOALS (LR)</b> 11:30-12:20 D.R.A. Support Group (MR) <b>12-12:50 ESL "Anh Việt Ngữ" (CL)</b> 1-1:50 Value Volunteerism (MR) <b>1-1:50 Basic Crochet/Knitting (Học đan móc len) (LR)</b> 1-1:50 Walk 4 Wellness (OS) 1:30-2:30 Basic Beading (AA) 2-2:50 Hatha Yoga (LR)/ Relapse Prevention (MR) <b>3-3:50 Waist Watchers (CA)/ Mental Health 101(CL)</b> 3-4:30 "Vietnamese" DBSA Nhóm Hỗ Trợ Tinh Thần</p>	<p><b>Community Meetings Schedule:</b></p> <p>2nd Week Tuesday (12/4/18) 3rd Week Wednesday (12/12/18) 4th Week Friday (12/21/18) 5th Week Monday (12/24/18)</p> <p>10-10:50 Drawing (LR)/ <b>Volunteering with HEMOPET (OS) (1/10/19)</b> 10-10:50 <b>W.R.A.P. PLUS (AA)</b> <b>11-11:50 Email &amp; Internet Support(CL)</b> <b>11-11:50 Stress Management (SR)</b> 11-1:50 Ceramics (AA) 12-12:50 Social Dance (LR)/Enlightenment (SR) 1-1:50 Our Spirituality (MR) 1:30-2:30 Vocational Education (CL) <b>2-2:50 Decision Making Employment (AA)</b> 2-2:50 Hatha Yoga (LR)/Beginning Spanish (MR) 3-3: 50 Chair Yoga (LR) 3-4:30 Depression Bipolar Support Alliance (MR) 4:30-6:30 WCW Karaoke (LR)</p>	<p><b>Group Location:</b> AA = Art Academy CA = Culinary Academy CL = Computer Lab LR = Living Room MR = Music Room OS = Off Site SR = Serenity Room</p> <p><b>9-12:30 WU Community Giveback Outing Monarch Foodbank (OS)</b> <b>10-10:50 W.R.A.P. (AA)</b> 10-10:50 Housing Skills (SR) <b>11-11:50 AA Meeting (AA)</b> 11:30-12:50 Simple Cuisines (CA) 12-12:50 Anger Management (MR) 1-1:50 Emotions Anonymous (SR) Tai Chi (LR) 1:00-1:50 Men's Group (MR) <b>2-2:50 Smoking Prevention (MR)</b> 2-3:50 Art Connections (SR) 2-2:50 <b>Bingo Bingo(LR)</b> <b>3-3:50 Organic Gardening (làm vườn) (OS)</b> 3-4:30 WCW Karaoke (LR)</p>	<p>All Social Outings require sign-ups at the front desk. You will need to bring your own lunch/spending money.</p> <p><b>10-11:30 Arts &amp; Crafts Workshop (SR)</b> 10-12:50 Social Outing (DI SINH HOAT) (OS): *Shipley Nature Center (1/5/19) 17851 Goldenwest St. Huntington Beach CA 92647</p> <p>* Cypress Farmers Market (1/12/19) 4505 Katella Ave. Cypress CA</p> <p><b>*SPONSORED OUTING(1/19/19)</b> <b>Camelot Golfland</b> <b>3200 Carpenter Ave.</b> <b>Anaheim, CA 92806</b></p> <p>* Chinese New Year Festival Monterey Park</p> <p>11-11:50 Email &amp; Internet Support (CL) <b>11-1:30 Movie Club (xem phim) (LR)</b> 12-2 NAMI Peer to Peer 2-2:50 Bingo! Bingo! (LR) 3-4:30 WCW Karaoke (LR)</p>

## Group Description

**Emotional support groups** -To aid members with establishing their own ability to cope, understand themselves, connect with others, and address their own recovery goals.

**Anger Management** - Members will use positive thinking while working around triggers; learn coping skills through making change in their behavior by positive choices.

**Art Connection** – Members use expressive art and art appreciation techniques to create insightful and fun projects.

**Decision Making Employment & Job Readiness Workshop Lab**- This class includes a series of classes requiring active participation and will cover the following topics: personal assessment of previous work experience; a decision tree to aid in the assistance and discovery of career goals, possible further education plan, master application, resume, cover letter, follow up thank letter, telephone etiquette, and professional interview practice. Part 2 (workshop labs) will involve being in the computer lab to apply, research, and work preparations.

**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.

**DBSA - (Depression, Bipolar Support Alliance) Nhóm Hỗ Trợ Tinh Thần** - DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders. Nhóm cung cấp hy vọng, sự giúp đỡ, hỗ trợ, và giáo dục để cải thiện cuộc sống của những người có rối loạn tâm trạng

**"It's All About You" Men's Group** - This group is an open forum to share ideas, concerns, and solutions specifically towards men.

**Life Enhancement**- This group aim to help members to improve their self-development and processes wherever they're at with their journey in life. Some topics includes: Self-esteem building, Self-worth, Effective Communication, Irrational Guilt, etc. and members will apply CBT techniques for problem solving.

**Mental Health 101**-To share knowledge and information with members that will educate and promote understanding within the mental health field including the Psycho-Social Rehabilitation and Recovery Model and Strength Based Models as well as how and why it is important to keep up with our own continuity of care to stay in recovery.

**My Pursuit of Happiness**- This group is the evolved group of "Creating Wellness", in which members are in control of their destiny and all decision-making transition from recovery to wellness. Members will be involving in the process of reflecting, prioritizing, sorting, and planning for change and affirming progress in their own pursuit of happiness.

**Narcotics Anonymous (NA)** 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 narcotic abuse/dependence.

**NAMI Connection (English)** - NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from sharing experiences and coping strategies in a positive and supportive environment. Please be on time.

**NAMI Peer to Peer**- This in-person group experience to help others grow. This is a confidential place to learn from shared experiences in an environment of sincere, uncritical acceptance. Recovery is a journey, and there is hope for all people living with mental illness.

**NAMI Connection Training** -

**Pathway to Recovery**-Members will apply useful and practical recovery knowledge and skill directly from the "Pathway to Recovery" workbook.

**Relapse Prevention**- Members learn about the causes of relapse and to utilize coping skills for maintaining recovery.

**Relationship & Communication** - Members explore different types of personal relationships and how to engage in healthy communication.

**Self-Esteem**- Give members an overview about what self-esteem is and methods to have and maintain a positive attitude toward themselves and others

**Stress Management**- Provide members with various techniques and coping skills used to reduce stress, manage conflict resolution, and enhance quality of life.

**W.O.W. – "Wisdom Over Worry" Women's Group** – This group is an open forum specifically for women from all walks of life to share ideas, concerns, and wisdom from their daily decision making. The focus is to reframe any negative thoughts, excessive worry into positive thinking, feeling, and healthy practices.

**W.R.A.P. (Wellness Recovery Action Plan)** – Members learn that they can identify what makes them well and use their own Wellness Tools to relieve difficult feelings and maintain wellness in a higher quality of life.

**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*:

**Basic Computer/Typing/Email/Internet Support**- This class offers an introduction to all things computers, from Microsoft Office, learning how to type, internet browsing, and e-mail as well.

**Basic Crochet/knitting- Học đan móc len**- Members learn the process of creating fabric by interlocking loops of yarn, thread, or strands of other materials using a crochet hook. This class enhances members' ability to have better focus and concentration and provides relaxation away from their busy schedule. Members learn the basic techniques for knitting and help alleviate symptoms of anxiety, stress and depression. Knitting also helps improve motor functions, slows cognitive decline, and prevents arthritis and tendonitis

**Basic Beading & Intermediate**- The purpose of this class is to help members with hands and eyes coordination, self-expression through beading creativity, and reduces stress in a fun way. Please be on time!

**Bowling Club**- This group invites members to engage in social activities and enjoy some bowling fun in their busy schedule.

**Ceramics**- make your own two or three-piece plaster mold and learn to use it with slip clay, per month. Molds are a simple way to create simple or complex forms and make multiple copies of them with little effort. We will also demonstrate how to clean the cast piece as well as discuss slip clay recycling, firing and glazing or glazing. No previous experience required.

**Community Giveback "Sinh Hoạt Thiện Nghiệp" (WU)** - Great News Members! WCW is now offering transportation, so you can go volunteer with staff outside in our community. Join us and let's make a difference, one week at a time. Places to visit: churches, food banks, local park clean ups, libraries, and other Vendors/Organizations in Orange County.

**Creative Art Projects/Drawing**- helps develop motor skills, exercise both sides of the brain; left-logical and right-creativity. Helps us to concentrate and focus on being creative and distract us from problems while creating a wonderful piece of art.

**Easy Cooking on a Budget/ Simple Cuisines** – this class will guide members how to prepare meals on a budget while still being mindful about eating healthy. Participants will learn how to cook & bake easy recipes, receive peer tips and feedback in group sharing on healthy frugal practices.

**Hatha Yoga/Chair Yoga** – Members learn to create balance in one's body through developing both core strength, flexibility, and breathing. Controlling breath can help improve oxygenation of the body and alleviate stress in some forms. Other elements of Hatha yoga also help with relaxing the body and fighting the stresses of the modern world.

**Library Education & Exercise + Free Online Certifications**: This outing will offer beneficial opportunities to members to visit the local library to access free educational resources.

**Organic Gardening (làm vườn)** – 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. Members will enjoy outdoor time, work collaboratively among other members, and get their daily dose of Vitamin D.

**Seasonal Sports** – Members develop and practice different sport techniques and learn to play as a team. These sports activity, including basketball, volley, softball, etc., will encourage members to play, build confidence, hand & eye coordination, and team work communication skills.

**Smoking Cessation**- This group will provide support methods to address both nicotine addiction and nicotine withdrawal symptoms with qualify personnel from smoking prevention programs.

**Social Dance (Học Nhảy)** –This class encourages members to have fun and move their body through Zumba and Cumbia Salsa techniques from a peer instructor.

**Tai Chi**- The purpose of this class is to teach internal Chinese Martial Arts practiced for both its defense training and its health benefits. The movement of Tai chi can help to bring about a state of mental calm and clarity besides general health benefits and stress management.

**Vocational Education**-This class starts with personal assessment to identify individual strengths skills and abilities; a Decision Tree to aid in the Student Education Plan and final Class Enrollment.

**Waist Watchers**- Members can reach a healthy weight by eating healthier and exercising, lower blood sugar, and save money on food preparation. This group provides education and guidance on nutrition and fosters a nurturing support system during and along each step of the journey. Come consistently, stick to your goals, and watch your waist line slimmer in time!

**Walk 4 Wellness (nhóm đi bộ)** – Members can explore local trails, lakes, parks and beaches in Orange County while learning the benefits of walking.

**Watercolor Art- học vẽ với màu nước** - Member develops their creativity, imagination and talents, and have hours of fun along the way with watercolor art.

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

**AA Meeting**- This 12-Step group provides support and social networking through community involvement while recovering from alcohol abuse/dependence.

**Guided Imagery Meditation** – This class helps guide members how to bring about calmness and reduce stress through deep breathing, meditation, and guided imagery.

**Emotions Anonymous (EA) Meetings**- a twelve-step organization, similar to Alcoholics Anonymous. People join EA to help themselves better understand their emotions and lead a more manageable life by following the EA program and using the EA materials.

**Enlightenment**- this group helps members gain self-awareness and evolve spiritually; topics include compassion, forgiveness, hope, joy, hospitality, etc.

**Những quyết định hàng ngày (Daily Decision Making)**-This group encourages participates to mindfully examine their daily decision-making routines and class encourages members to explore and engage in something new/different each week (different topics/inspirations each week)

**Our Musical Playground**- Engage members to develop their own sense of musical rhythm and creativity while experiencing principles of cooperation and contribution to the group effort. Creating musical rhythms together promotes relaxation and a sense of achievement. Also known to accelerate physical healing while reducing chronic pain, boost the immune system, reduce tension and stress, and promote overall well-being and mental/emotional health.

**Our Spirituality**- To improve the spiritual lives of our members and make them feel connected to themselves and their surroundings.

**Philosophy**- To help members learn how to develop solutions to problems. Members will improve communication skills, develop persuasive skills, and understand the beliefs of other through dialogue sharing.

**The Poet's Society** - Explore why poetry is important and practice the craft of writing poetry.

**Weekly Awakening**- Members will learn to identify, remove and replace patterns of thought and behavior that have been limiting their full potential. They will learn to release blocked pain and suffering, and they will learn to allow the infinite power of creation to flow through their life.

**Social Groups**- 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 related to *indoor recreation and community involvement*:

**American Sign Language (ASL)** – Members learn how communicate with their hands using American Sign Language, used by many deaf persons

**Bingo "Chương Trình Lotto"** - Members are invited to participate and enjoy a game of chance played with different randomly drawn numbers which players match against numbers that have been pre-printed on 5x5 cards.

**Community Meetings**- Members driven meetings are for all to learn more about the center with weekly announcements from different activities and groups, and events that are going on in the center and larger community. Members utilize this time to organize and provide democratic sharing and feedback.

**Beginning Spanish- Members learn basic and conversational Spanish. Completion of this class will add to member's life skills, cultural understanding, and language proficiency on their resume upon seeking employment/volunteering opportunities.**

**Socialization** – Also known as "Unstructured Social Time" provides a great opportunity for members to come out, interact, and make connections with others through playing games, coloring, and creating dialogues in the kitchen, living room, and resource center.

**Facilitation 101**- The purpose of the activity is to provide the fundamentals of group facilitation to members, so they will become confident to stand before an audience to share their talents, abilities and skills with their peers which will lead to better self-esteem; which then causes them to venture off and try new things.

**Living & Planning**- This class provides support to members and helps enhance their basic financial skills regarding budgeting, checkbook balancing, coupon clipping, basic grocery shopping skills, etc. Each week we will learn a different aspect of finances to assist member in maintaining their housing.

**Housing Skills**- this class offers 1) different ways to effectively communicate with managers, neighbors and roommates which will assist members in successfully maintaining housing and 2) provides housing related skills support to members. (Topics includes: building rapport with others, boundaries, responsibilities, etc.)

**Icebreakers**- WCW morning routine to go over the activities for the day and the perfect time to get acquainted with each other to transition into "social time"

**Life Skills**- Members learn new skills and ideas that will help add quality to their life and share their own wisdom among group discussion. Life skills include ways to manage time productively, shop wisely and budget effectively; as well as organizing, housekeeping, care maintenance, and more!

**Movie Club (xem phim)** - Members enjoy watching movies both in the community and at the center. Members are encouraged to discuss their thoughts about these movies afterwards.

**Social Outing (ĐI SINH HOẠT)** – This group offers an opportunity for members to try something different, have fun, and meet new people in the community!

**Viet-Media, Arts, Connections** (kết nối qua văn nghệ)- To promote understanding and connection between Vietnamese members of different age groups through enjoying Vietnamese Media and cultural /language arts with each other **Karaoke** – Members share their love for singing and connect with others through music from a variety of genres. No singing skills required.