

Wellness Center Central

Remote Tele-Groups **June 2021**

Calendar is subject to change. Translators available upon request

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

Temporary Hours of Operation
Monday-Friday
9:00am-5:00pm

	Tuesday	Wednesday	Thursday	Friday
<div data-bbox="226 240 552 321" style="background-color: #FFD700; border: 1px solid black; padding: 5px; text-align: center;"> <p>Have A Look!</p> </div> <p style="text-align: center; color: #008080;">Please view our BLOG at www.wellnesscenteroc.com for fun, informative ideas and resources.</p> <p style="text-align: center; color: #008080;">If you have any suggestions, comments, or blogs to contribute, please email them to</p> <p style="text-align: center; color: #008080;">~~~~~ Sohail.Eftekharzadeh@pathways.com ~~~~~</p>	<p>1</p> <p><u>9:45-10:45</u> **New Time** Eat Well, Live Well 828 4508 0989</p> <p><u>12:45-1:45</u> American History 818 6899 2601</p> <p><u>2:15-3:15</u> AA Open Meeting Hybrid-Onsite/Zoom 836 0460 9371</p> <p><u>3:15-4:30</u> Choir 857 3185 8460</p>	<p>2</p> <p><u>9:45-10:45</u> NAMI Connection 824 5047 2205</p> <p><u>10:55-11:55</u> Community Meeting Hybrid-Onsite/Zoom 830 4709 0440</p> <p><u>12:45-1:45</u> WRAP 886 2747 7849</p> <p><u>2:30-3:30</u> Let's Go Virtual Tours 841 4044 7453</p> <p><u>3:30-4:30</u> Poetry 811 3705 9799</p>	<p>3</p> <p><u>10:00-11:00</u> Healthy Living 841 6593 6409</p> <p><u>11:15-12:15</u> Fundamentals of Drawing 889 8900 5962</p> <p><u>11:15-12:15</u> Music Academy 885 0804 0727</p> <p><u>2:15-3:15</u> Chat with the Staff Hybrid-Onsite/Zoom 898 2795 9175</p> <p><u>3:15-4:30</u> Depression Bipolar Support Alliance 874 1407 2502</p>	<p>4</p> <p><u>9:45-10:45</u> Women's Group 875 7924 1408</p> <p><u>9:45-10:45</u> Men's Group 827 3339 4133</p> <p><u>10:55-11:55</u> Social Time LR Hybrid-Onsite/Zoom 869 061 54927</p> <p><u>1:30-2:30</u> Self Empowerment 820 1729 4893</p> <p><u>3:45-4:45</u> Social Hour 871 1223 3961</p>
	<div data-bbox="42 1214 730 1572" style="border: 2px solid #008080; padding: 10px;"> <p style="color: #FFD700; text-align: center;">When you can't join us on-site, join our Zoom online groups and encourage other members to join us too! Together we will maintain our well-being!</p> </div>	<div data-bbox="1066 1284 1398 1572" style="border: 2px solid #FFD700; padding: 10px;"> <p style="color: #008080; text-align: center;">Community Meeting Every Wednesday 10:55-11:55 Please Join Us!!</p> </div>	<div data-bbox="1409 1284 2053 1572" style="border: 2px solid #008080; padding: 10px;"> <p style="color: #FFD700; text-align: center;">Translators are available upon request in: Spanish, Vietnamese, Farsi, Chinese and Korean</p> </div>	

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<p>14 <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Scrapbooking 113</p> <p><u>9:45-10:45</u> Dual Recovery Anon 108 Hybrid-Onsite/Zoom 847 7808 6908</p> <p><u>9:45-10:45</u> Mindful Meditation 111</p> <p><u>10:55-11:55</u> Eat Well, Live Well 114</p> <p><u>10:55-11:55</u> Jewelry Design 113</p> <p>12:00-1:00 Closed</p> <p><u>1:00-1:15</u> Check-In/Screenings</p> <p><u>1:15-1:45</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Coping Skills 108</p> <p><u>2:15-3:15</u> Floral Design 113</p> <p><u>2:15-3:15</u> Al-Anon 114</p> <p><u>3:25-4:25</u> DBSA 108</p> <p><u>3:25-4:25</u> Glass Arts 113</p>	<p>15 <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> WRAP 114</p> <p><u>9:45-10:45</u> Self-Empowerment 108</p> <p><u>10:55-11:55</u> Chess Club 114</p> <p><u>10:55-11:55</u> Positive Thinking 108</p> <p><u>10:55-11:55</u> Watercolors 113</p> <p>12:00-1:00 Closed</p> <p><u>1:00-1:15</u> Check-In/Screenings</p> <p><u>1:15-1:45</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Anger Management 108</p> <p><u>2:15-3:15</u> AA Open Meeting 114 Hybrid-Onsite/Zoom 836 0460 9371</p> <p><u>3:25-4:25</u> Bingo 113</p> <p><u>3:25-4:25</u> Karaoke 108</p> <p><u>3:25-4:25</u> Fun With Games 114</p>	<p>16 <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Coping Skills 108</p> <p><u>9:45-10:45</u> Gardening OS</p> <p><u>9:45-10:45</u> Art Workshop 113</p> <p><u>9:45-10:45</u> Chess Club 114</p> <p><u>10:55-11:55</u> Community Meeting Hybrid-Onsite/Zoom 830 4709 0440</p> <p><u>11:00-12:00</u> Pride Month Celebration Hybrid-Zoom/Wellness Center West</p> <p>12:00-1:00 Closed</p> <p><u>1:00-1:15</u> Check-In/Screenings</p> <p><u>1:15-1:45</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> DBSA 108</p> <p><u>2:15-3:15</u> Jewelry Design 113</p> <p><u>3:25-4:25</u> Relapse Prevention 108</p> <p><u>3:25-4:25</u> Journaling 113</p> <p><u>3:25-4:25</u> Living & Thriving LR</p>	<p>17 <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> LGBTQ+ 114</p> <p><u>9:45-10:45</u> Enlightenment 108</p> <p><u>10:55-11:55</u> Self-Empowerment 108</p> <p><u>10:55-11:55</u> Steps To Success OS</p> <p><u>10:55-11:55</u> Brain Health 114</p> <p>12:00-1:00 Closed</p> <p><u>1:00-1:15</u> Check-In/Screenings</p> <p><u>1:15-1:45</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Chat with the Staff LR Hybrid-Onsite/Zoom 898 2795 9175</p> <p><u>2:15-3:15</u> Resilience 114</p> <p><u>3:25-4:25</u> NA Open Meeting 113</p> <p><u>3:25-4:25</u> DBSA 108</p> <p><u>3:25-4:25</u> Poetry 114</p>	<p>18 <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Social Anxiety 108</p> <p><u>9:45-10:45</u> Arts & Crafts 113</p> <p><u>9:45-10:45</u> Goal Setting</p> <p><u>10:55-11:55</u> Diversity 108</p> <p><u>10:55-11:55</u> Hybrid-Onsite/Zoom Social Time LR 869 061 54927</p> <p>12:00-1:00 Closed</p> <p><u>1:00-1:15</u> Check-In/Screenings</p> <p><u>1:15-1:45</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Women's Group 111</p> <p><u>2:15-3:15</u> Men's Group 108</p> <p><u>2:15-3:15</u> Balance & Boundaries 114</p> <p><u>3:25-4:25</u> Social Circle 108</p> <p><u>3:25-4:25</u> Chess Club 114</p> <p>4:30-5:00 Closed</p> <p><u>5:00-8:00</u> Social Hour LR, 113, 108</p>	<p>19 <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Coping Skills 108</p> <p><u>9:45-10:45</u> Jewelry Design 113</p> <p><u>10:55-11:55</u> Topic of the Day 108 Hybrid-Onsite/Zoom 810 607 16338</p> <p><u>10:55-11:55</u> Schizophrenia Alliance 108</p> <p>12:00-1:00 Closed</p> <p><u>1:00-1:15</u> Check-In/Screenings</p> <p><u>1:15-1:45</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Art Workshop 113</p> <p><u>2:15-4:25</u> Movie Club LR</p>

Wellness Center Central

Remote Tele-Groups **June 2021**

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Orange, CA 92866
Phone: (714)361-4860
www.wellnesscenteroc.com

Temporary Hours of Operation
Monday-Friday
9:00am-5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>21</p> <p><u>9:45-10:45</u> Dual Recovery Anon 108 Hybrid-Onsite/Zoom 847 7808 6908</p> <p><u>11:15-12:15</u> Yoga 889 7480 3364</p> <p><u>1:15-2:15</u> Healthy Relationships 856 3239 8128</p> <p><u>3:15-4:15</u> Breakthrough the Barriers of Trauma 816 7681 1961</p>	<p>22</p> <p><u>9:45-10:45</u> Eat Well, Live Well 828 4508 0989</p> <p><u>12:45-1:45</u> American History 818 6899 2601</p> <p><u>2:15-3:15</u> AA Open Meeting Hybrid-Onsite/Zoom 836 0460 9371</p> <p><u>3:15-4:30</u> Choir 857 3185 8460</p>	<p>23</p> <p><u>9:45-10:45</u> NAMI Connection 824 5047 2205</p> <p><u>10:55-11:55</u> Community Meeting Hybrid-Onsite/Zoom 830 4709 0440</p> <p><u>12:45-1:45</u> WRAP 886 2747 7849</p> <p><u>2:30-3:30</u> Let's Go Virtual Tours 841 4044 7453</p> <p><u>3:30-4:30</u> Poetry 811 3705 9799</p> <div data-bbox="718 1291 1054 1583" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Community Meeting Every Wednesday 10:55-11:55 Please Join Us!!</p> </div>	<p>24</p> <p><u>10:00-11:00</u> Healthy Living 841 6593 6409</p> <p><u>11:15-12:15</u> Fundamentals of Drawing 889 8900 5962</p> <p><u>11:15-12:15</u> Music Academy 885 0804 0727</p> <p><u>2:15-3:15</u> Chat with the Staff Hybrid-Onsite/Zoom 898 2795 9175</p> <p><u>3:15-4:30</u> **New Time** Depression Bipolar Support Alliance 874 1407 2502</p>	<p>25</p> <p><u>9:45-10:45</u> Women's Group 875 7924 1408</p> <p><u>9:45-10:45</u> Men's Group 827 3339 4133</p> <p><u>10:55-11:55</u> Hybrid-Onsite/Zoom Social Time LR 869 061 54927</p> <p><u>1:30-2:30</u> Self Empowerment 820 1729 4893</p> <p><u>3:00-4:30</u> Hybrid-Onsite/Zoom Wellness Center Talent Show 871 1223 3961</p>	<div data-bbox="1717 198 2032 344" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Please Note</p> </div> <p>To join online groups & classes by phone, please call (213) 338-8477 & enter the meeting number when prompted. To access groups via computer, please log on to Zoom.com & enter the meeting number under the join link. Or download the Zoom app from the App Store on your smartphone. See our Blog at www.wellnesscenteroc.com or call our main number 714-361-4860 if you need help</p>

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Onsite Groups June 2021

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28 <u>9:45-10:45</u> Dual Recovery Anon 108 Hybrid-Onsite/Zoom 847 7808 6908 <u>11:15-12:15</u> Yoga 889 7480 3364 <u>1:15-2:15</u> Healthy Relationships 856 3239 8128 <u>3:15-4:15</u> Breakthrough the Barriers of Trauma 816 7681 1961	29 <u>9:45-10:45</u> Eat Well, Live Well 828 4508 0989 <u>12:45-1:45</u> American History 818 6899 2601 <u>1:15-2:00</u> WC South Hybrid-Onsite/Zoom Health & Community Health Fair 843 8674 4006 <u>2:15-3:15</u> AA Open Meeting Hybrid-Onsite/Zoom 836 0460 9371 <u>3:15-4:30</u> Choir 857 3185 8460	30 <u>9:45-10:45</u> NAMI Connection 824 5047 2205 <u>10:55-11:55</u> Community Meeting Hybrid-Onsite/Zoom 830 4709 0440 <u>12:45-1:45</u> WRAP 886 2747 7849 <u>2:30-3:30</u> Let's Go Virtual Tours 841 4044 7453 <u>3:30-4:30</u> Poetry 811 3705 9799



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Zoom.com

& enter the meeting number under the join link.

Or download the Zoom app from the App Store on your smartphone See our Blog at www.wellnesscenteroc.com

or call our main number **714-361-4860** if you need help

Community Meeting Every Wednesday 10:55-11:55 Please Join Us!!



A Hybrid Zoom/Onsite Health & Community Resource Fair

**JUNE 29, 2021
1:15PM-2:00PM
ZOOM MEETING
843 8674 4006**

Wellness Center Central

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				<p style="text-align: center;">Education Support By Appointment</p> <p style="text-align: center;">~~~~~</p> <p style="text-align: center;">If you are interested in Returning to school, Please call William at (714) 714-5813 9am-5pm</p>	<p style="text-align: center;">~~~~~</p> <p style="text-align: center;">MAB Agenda Mtg. 6/17/2021 11:00-11:30</p> <p style="text-align: center;">~~~~~</p> <p style="text-align: center;">~</p> <p style="text-align: center;">MAB Mtg. 6/18/2021 11:00-12:30</p> <p style="text-align: center;">~~~~~</p> <p style="text-align: center;">Closed</p>