

Wellness Center Central

September 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

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

Please Note

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



SEPTEMBER



NATIONAL RECOVERY MONTH 2021

RECOVERY IS FOR EVERYONE:
Every Person, Every Family, Every Community

WWW.NATIONALRECOVERYMONTH.ORG

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

Translators available upon request in: Spanish, Vietnamese, Farsi, Chinese and Korean

When you can't join us onsite, join our Zoom online groups and encourage other members to join us too! Together we will maintain our well-being!

Have A Look!

Please view our BLOG at www.wellnesscenteroc.com for fun, informative ideas and resources.

If you have any suggestions, comments, or blogs to contribute, please email them to
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**[Sohail.Eftekhazadeh@pathways.com](mailto:Sohail.Eftekhazadeh@pathways.com)**  
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	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">SEPTEMBER IS SUICIDE PREVENTION MONTH</p>  	<p>1 9:15-9:45 Ice Breaker LR</p> <p>9:45-10:45 Goal Setting 114 Gardening OS Art Workshop 113 NAMI Connection 108 Hybrid-Zoom/Onsite 824 5047 2205</p> <p>10:55-11:55 Community Meeting LR Hybrid-Zoom/Onsite 830 4709 0440</p> <p>12:00-1:00 Social Time LR</p> <p>1:00-2:00 WRAP 114 Hybrid-Zoom/Onsite 886 2747 7849</p> <p>1:00-3:00 Jewelry Design 113</p> <p>2:15-3:15 DBSA 108 Chess Club 114</p> <p>2:30-3:30 Let's Go Virtual Tours LR Hybrid-Zoom/Onsite 878 0973 2294</p> <p>3:25-4:25 Relapse Prevention 108 Journaling 113</p>	<p>2 9:15-9:45 Ice Breaker LR</p> <p>9:45-10:45 Diversity 114 Enlightenment 108</p> <p>10:00-11:00 Healthy Living 107 Hybrid-Zoom/Onsite 841 6593 6409</p> <p>10:55-11:55 Self-Empowerment 108 Brain Health 114</p> <p>12:00-1:00 Social Time LR</p> <p>1:00-2:00 Education Support 114</p> <p>1:00-2:30 Music Academy 108 Hybrid-Zoom/Onsite 885 0804 0727</p> <p>2:15-3:15 Resilience 114 Art Class 113</p> <p>3:15-4:30 Depression Bipolar Support Alliance 108 Hybrid-Zoom/Onsite 874 1407 2502</p> <p>3:25-4:25 NA Open Meeting 113 Poetry 114</p>	<p>3 9:15-9:45 Ice Breaker LR</p> <p>9:45-10:45 Social Anxiety 108 Arts & Crafts 113</p> <p>10:55-11:55 LGBTQ+ 114</p> <p>12:00-1:00 Social Time LR Hybrid-Zoom/Onsite 869 061 54927</p> <p>1:00-2:00 Mosaics 113 Chat With MAB 114</p> <p>2:15-3:15 Women's Group 114 Hybrid-Zoom/Onsite 875 7924 1408</p> <p>Men's Group 108 Hybrid-Zoom/Onsite 827 3339 4133</p> <p>Balance & Boundaries 111</p> <p>3:25-4:25 Social Circle 108 Chess Club 114</p> <p>5:00-8:00 Social Hour LR, 113, 108</p>	<p>4 9:15-9:45 Ice Breaker LR</p> <p>9:45-10:45 Coping Skills 108 Jewelry Design 113</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>10:30-11:00 Meet us at the Matinee Movies At The Outlets at Orange</p> </div> <p>10:30-12:30 Choir 107 Hybrid-Zoom/Onsite 857 3185 8460</p> <p>10:55-11:55 Schizophrenia Alliance 108</p> <p>12:00-1:00 Topic of the Day 114 Hybrid-Zoom/Onsite 810 607 16338</p> <p>12:30-1:30 Social Time LR</p> <p>1:00-2:00 NAMI Connection 108 Hybrid-Zoom/Onsite 825 2384 8811</p> <p>2:15-4:25 Art Workshop 113 Movie Club LR</p>
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<p>6</p> <p>*****</p> <p>*****</p> <p>CLOSED</p> <p>For Labor Day</p> <p>No groups online or onsite</p>  <p>Have a SAFE and FUN Holiday Weekend!!</p> <p>*****</p>	<p>7</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Self-Empowerment 108 Eat Well, Live Well 114 Hybrid-Zoom/Onsite 828 4508 0989</p> <p><u>10:00-11:00</u> NA Open Meeting 107 Watercolors 113</p> <p><u>10:55-11:55</u> Chess Club 114 Positive Thinking 108</p> <p><u>12:00-1:00</u> Social Time LR</p> <p><u>12:45-1:45</u> American History 108 Hybrid-Zoom/Onsite 818 6899 2601</p> <p><u>2:15-3:15</u> Anger Management 108 AA Open Meeting 114 Hybrid-Zoom/Onsite 836 0460 9371</p> <p><u>3:25-4:25</u> Bingo 113 Karaoke 108</p>	<p>8</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Goal Setting 114 Gardening OS Art Workshop 113 NAMI Connection 108 Hybrid-Zoom/Onsite 824 5047 2205</p> <p><u>10:55-11:55</u> Community Meeting LR Hybrid-Zoom/Onsite 830 4709 0440</p> <p><u>12:00-1:00</u> Social Time LR</p> <p><u>1:00-2:00</u> WRAP 114 Hybrid-Zoom/Onsite 886 2747 7849</p> <p><u>1:00-3:00</u> Jewelry Design 113</p> <p><u>2:15-3:15</u> DBSA 108 Chess Club 114</p> <p><u>2:30-3:30</u> Let's Go Virtual Tours LR Hybrid-Zoom/Onsite 878 0973 2294</p> <p><u>3:25-4:25</u> Relapse Prevention 108 Journaling 113</p>	<p>9 <u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Diversity 114 Enlightenment 108</p> <p><u>10:00-11:00</u> Healthy Living 107 Hybrid-Zoom/Onsite 841 6593 6409</p> <p><u>10:55-11:55</u> Self-Empowerment 108 Brain Health 114</p> <p><u>12:00-1:00</u> Social Time LR</p> <p><u>1:00-2:00</u> Education Support 114</p> <p><u>1:00-2:30</u> Music Academy 108 Hybrid-Zoom/Onsite 885 0804 0727</p> <p><u>2:15-3:15</u> Resilience 114 Art Class 113</p> <p><u>3:15-4:30</u> Depression Bipolar Support Alliance 108 Hybrid-Zoom/Onsite 874 1407 2502</p> <p><u>3:25-4:25</u> NA Open Meeting 113 Poetry 114</p>	<p>10</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Social Anxiety 108 Arts & Crafts 113</p> <p><u>10:55-11:55</u> LGBTQ+ 114 Diversity 108</p> <p><u>12:00-1:00</u> Social Time LR Hybrid-Zoom/Onsite 869 061 54927</p> <p><u>1:00-2:00</u> Mosaics 113 Chat With MAB 114</p> <p><u>2:15-3:15</u> Women's Group 114 Hybrid-Zoom/Onsite 875 7924 1408</p> <p>Men's Group 108 Hybrid-Zoom/Onsite 827 3339 4133</p> <p>Balance & Boundaries 111</p> <p><u>3:25-4:25</u> Social Circle 108 Chess Club 114</p> <p><u>5:00-8:00</u> Social Hour LR, 113, 108</p>	<p>11</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Coping Skills 108 Jewelry Design 113</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p><u>10:30-11:00</u> Meet us at the Matinee Movies At The Outlets at Orange</p> </div> <p><u>10:30-12:30</u> Choir 107 Hybrid-Zoom/Onsite 857 3185 8460</p> <p><u>10:55-11:55</u> Schizophrenia Alliance 108</p> <p><u>12:00-1:00</u> Topic of the Day 114 Hybrid-Zoom/Onsite 810 607 16338</p> <p><u>12:30-1:30</u> Social Time LR</p> <p><u>1:00-2:00</u> NAMI Connection 108 Hybrid-Zoom/Onsite 825 2384 8811</p> <p><u>2:15-4:25</u> Art Workshop 113 Movie Club LR</p>

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				<p>For Help with your Wellness Recovery Action Plan (WRAP)</p> <p>~~~~~</p> <p>Please call Diana for Assistance at (626) 373-0157 9am-5pm</p>	<p>Education Support By Appointment</p> <p>~~~~~</p> <p>If you are interested in Returning to school, Please call William at (714) 361-4860 9am-5pm</p>