

WELLNESS CENTER CENTRAL NEWSLETTER

April 2025



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WCC UPCOMING EVENTS

- WCC will present a Talent Showcase Event on Saturday, April 12th, 2025. If you are interested in showcasing your talent, please register by Tuesday, April 8th, 2025. Registration forms available at WCC front desk. For more info, call 714-361-4860.
- WCC Annual Member Appreciation Carnival will be on May 30th, 2025 at 12 p.m. Make sure to renew your membership for entry into the event! For more information about the event, please call 714-361-4860.



BLACK HISTORY MONTH CELEBRATION

IN FEBRUARY WE CELEBRATED HERITAGE AND CULTURE

Wellness Center Central celebrated Black History Month in February. Black History Month is an annual celebration of achievements by African-Americans and their central role in U.S. History. Over 75 members attended. Our members presented their heritage and knowledge about black history. There was a presentation of West African drumming, people came up and danced to the rhythm of the drumming. It was a memorable event full of joy, happiness, and appreciation for Black History Month.



WELLNESS
CENTER
CENTRAL

2025 HEALTH AND RESOURCE FAIR

THURSDAY, MARCH 13TH, 2025
10AM-12PM

401 S TUSTIN ST, BUILDING C
ORANGE, CA 92666

FOR MORE INFORMATION CALL:
714-361-4860

MAKE YOUR HEALTH A PRIORITY!
TAKE ADVANTAGE OF THIS
OPPORTUNITY TO LEARN ABOUT,
RESOURCES IN YOUR COMMUNITY
AND THE ROLE THEY CAN PLAY IN
YOUR RECOVERY.

JOINING US:

NEW LUNG ~ H.O.P.E CENTER
NAMI~ PARTNERS4WELLNESS
PLUS MORE!



HEALTH AND RESOURCE FAIR

MARCH MADE WAY FOR BETTER HEALTH & LIFESTYLE

The 2025 Health and Resource Fair at Wellness Center Central was a huge success, offering valuable resources and support to our members and guests. The event featured a range of organizations, including Jar Insurance, Orange Public Library, Partners4Wellness, and Clear Options just to name a few. Participants were able to connect with representatives, gain helpful resources, and access services tailored to their health and wellness. Overall, the fair fostered a strong sense of community and empowerment, helping individuals take meaningful steps toward better health and their mental well-being. The Health and Resource Fair was coordinated by our very own Health Educator, Freddy Hernandez, great job Freddy!





WOMEN'S LIGHT

WOMEN'S EMPOWERMENT EVENT

Wellness Center Central had its first ever Women's Light event on Saturday, March 29th, 2025. Women's Light was about empowering women. This event was held during Women's History Month and developed from the idea of a WCC member. This member also organized the event with the support of other members and WCC staff. There were activities which highlighted self-confidence, resilience, self-growth, and personal journey. The event also included a talent show for members to showcase their talents and express their vision of recovery.

THE MIRACLE HAPPENED

BY: VICTORIA BILLEH

A year ago, after becoming a member at Wellness Center Central, I was able to find joy, excitement, and happiness at this wonderful place. Coming to the center is like my second home.

The Wellness Center is the best thing that has happened to me. I want to thank Sohail for having me and the amazing staff for accepting me, helping me, encouraging me, and supporting me through both the hard days and in my recovery. I could not have done it without you all. I know I can't repay you all for this but I appreciate everyone's hard work and dedication towards members.

The Wellness Center is a welcoming, loving, safe and caring place. The atmosphere is full of great individuals who make a difference in our lives and recovery from our challenges.

The center is dedicated to helping others in need at different groups. I enjoy attending each group meeting as I learn from them and apply them to my daily life. You can be who you are with no fear of judgment.

Thank you to the Wellness Center Central!





STRONGER THAN JADE

A POEM BY BAYYIAH

We are women
Softer than wind, Stronger than oak
We are half of humanity
And only we give birth
to the other half

So clap your hands and celebrate
the women who make this world great!
*(ba-dum dum-dum)

We are Miss Malala Yousafzai who stood firm for girls' education in the face of adversity and won the Nobel Peace Prize at only 17 years old.

We are The Countess of Lovelace,
mathematician, genius, and
the world's first computer programmer.

We are Young Claudette Colvin, the 15 year old who refused to give her "colored" bus seat to a white woman, inspired Rosa Parks and sparked the Montgomery bus boycotts.

So clap your hands and celebrate
the women who make this world great
*(ba-dum dum-dum)
Softer than breath, stronger than bone

We are Madam CJ Walker,
the first self-made Black Millionairess, one who helped other Black women become business women.
We are Mrs. Emmeline Pankhurst
who founded The Suffragettes in Britain and fought valiantly for equality for ladies.

We are Queen Liliuokalani
the first female monarch of Hawaii,
writer of the song Aloha Oe,
and last ruler of an independent Hawaii

So clap your hands and celebrate
the women who make this world great
*(ba-dum dum-dum)

Softer than sound, stronger than stone

We are The Dahomey Agojie.
female warriors in West Africa
protecting their kingdom for centuries
and the inspiration behind The Black Panther's female royal guards.

We are Magnificent Mary Kom,
Indian Olympic medalist, and the only boxer, male or female
to win eight World Championship Medals.

We are Justice Sonia Sotomayor,
The only Hispanic person
and first woman of color to be appointed as a US Supreme Court Justice.

So clap your hands and celebrate the women who make this world great!
*(ba-dum dum-dum)

We are women
Softer than thought, stronger than jade
We are half of humanity
And only we give birth to the other half

So clap your hands and celebrate
the women who make this world great!
*(ba-dum dum-dum)

