

# Wellness Center Central

Onsite Groups **March 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

8:30am– 5:00pm

	Tuesday	Wednesday	Thursday	
<p><b><u>PLEASE NOTE</u></b>  <b><u>For onsite groups:</u></b>  <i>Maximum Number  of members for  each session  Is FIFTEEN</i>  so  <i>make an  appointment today!</i>  *****  <i>To make an appointment  to attend on site groups,  or if you have  questions please call our  main number  714-361-4860</i>  *****</p>	<p><b>2</b>  <u>9:00-9:15</u>  Check-In/Screenings</p> <p><u>9:15-9:45</u>  Ice Breaker</p> <p><u>9:45-10:35</u>  WRAP</p> <p><u>10:35-10:50</u>  Break</p> <p><u>10:55-11:40</u>  Scrapbooking</p> <p><u>11:40-12:00</u>  Social Time</p>	<p><b>3</b>  <u>9:00-9:15</u>  Check-In/Screenings</p> <p><u>9:15-9:45</u>  Ice Breaker</p> <p><u>9:45-10:35</u>  Depression Bipolar  Support Alliance</p> <p><u>10:35-10:50</u>  Break</p> <p><u>10:55-11:40</u>  Gardening</p> <p><u>11:40-12:00</u>  Social Time</p>	<p><b>4</b>  <u>9:00-9:15</u>  Check-In/Screenings</p> <p><u>9:15-9:45</u>  Ice Breaker</p> <p><u>9:45-10:35</u>  Dual Recovery</p> <p><u>10:35-10:50</u>  Break</p> <p><u>10:55-11:40</u>  Self-Empowerment</p> <p><u>11:40-12:00</u>  Social Time</p>	<p>To join groups and  classes online,  please call  <b>(213) 338-8477</b>  &amp; enter the  meeting number  when prompted.  To access groups  via computer,  please log on to  <b>Zoom.com</b>  &amp; 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  <b>714-361-4860</b>  if you need help</p>
	<p><u>12:00-1:30</u>  WCC Closed for Cleaning</p>	<p><u>12:00-1:30</u>  WCC Closed for Cleaning</p>	<p><u>12:00-1:30</u>  WCC Closed for Cleaning</p>	
	<p><u>1:30-1:45</u>  Check-In/Screenings</p> <p><u>1:45-2:15</u>  Ice Breaker</p> <p><u>2:15-3:05</u>  Depression Bipolar  Support Alliance</p> <p><u>3:05-3:20</u>  Break</p> <p><u>3:20-4:10</u>  Bingo</p> <p><u>4:10-4:30</u>  Social Time</p>	<p><u>1:30-1:45</u>  Check-In/Screenings</p> <p><u>1:45-2:15</u>  Ice Breaker</p> <p><u>2:15-3:05</u>  Living &amp; Thriving</p> <p><u>3:05-3:20</u>  Break</p> <p><u>3:20-4:10</u>  Positive Thinking</p> <p><u>4:10-4:30</u>  Social Time</p>	<p><u>1:30-1:45</u>  Check-In/Screenings</p> <p><u>1:45-2:15</u>  Ice Breaker</p> <p><u>2:15-3:05</u>  Coping Skills</p> <p><u>3:05-3:20</u>  Break</p> <p><u>3:20-4:10</u>  Karaoke</p> <p><u>4:10-4:30</u>  Social Time</p>	

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