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

| Calendar is subject to change. Translators ava |  | <u> </u>   |                                       | Jani- 5.00pm                              |
|--|--|--|---------------------------------------|---|
|  | Tuesday  | Wednesday  | Thursday                              |   |
| PLEASE NOTE                                    | 2<br>9:00-9:15<br>Check-In/Screenings              | 3 9:00-9:15 Check-In/Screenings                      | 4<br>9:00-9:15<br>Check-In/Screenings | To join groups and classes online,        |
| For onsite groups:                             | 9:15-9:45<br>Ice Breaker                           | 9:15-9:45<br>Ice Breaker                             | 9:15-9:45<br>Ice Breaker              | please call<br>( <b>213) 338-84</b> 77    |
| Maximum Number of members for                  | 9:45-10:35<br>WRAP<br>10:35-10:50                  | 9:45-10:35<br>Depression Bipolar<br>Support Alliance | 9:45-10:35<br>Dual Recovery           | & enter the meeting number                |
| each session<br>Is FIFTEEN                     | Break<br>10:55-11:40                               | 10:35-10:50<br>Break                                 | 10:35-10:50<br>Break<br>10:55-11:40   | when prompted. To access groups           |
| so<br>make an                                  | Scrapbooking  11:40-12:00                          | 10:55-11:40<br>Gardening<br>11:40-12:00              | Self-Empowerment  11:40-12:00         | via computer,<br>please log on to         |
| appointment today!                             | Social Time<br>12:00-1:30                          | Social Time  12:00-1:30                              | Social Time<br>12:00-1:30             | Zoom.com<br>& enter the                   |
| To make an appointment                         | 12:00-1:30<br>WCC Closed for Cleaning<br>1:30-1:45 | 12:00-1:30<br>WCC Closed for Cleaning<br>1:30-1:45   | WCC Closed for Cleaning  1:30-1:45    | meeting number<br>under the join          |
| to attend on site groups,<br>or if you have    | Check-In/Screenings 1:45-2:15                      | Check-In/Screenings 1:45-2:15                        | Check-In/Screenings 1:45-2:15         | link.<br>Or download the                  |
| questions please call our                      | Ice Breaker  2:15-3:05                             | Ice Breaker 2:15-3:05                                | Ice Breaker 2:15-3:05                 | Zoom app from<br>the App Store on         |
| <i>main number</i><br>714-361-4860             | Depression Bipolar<br>Support Alliance             | Living & Thriving  3:05-3:20                         | Coping Skills  3:05-3:20              | your smartphone. See our Blog at          |
| at at at at at at                              | 3:05-3:20<br>Break                                 | 3:20-4:10  | Break  3:20-4:10  Karaoke             | www.wellnesscenteroc.com or call our main |
|  | 3:20-4:10<br>Bingo<br>4:10-4:30                    | Positive Thinking  4:10-4:30  Social Time            | 4:10-4:30<br>Social Time              | number<br><b>714-361-4860</b>             |
|  | Social Time  |  |                                       | if you need help                          |

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| Cuteridar is subject to change. It unstators and | Tuesday                                       | Wednesday  | Thursday                                    |  |
|--|---|--|---|--|
| PLEASE NOTE                                      | 9<br>9:00-9:15<br>Check-In/Screenings         | 10<br>9:00-9:15<br>Check-In/Screenings               | 11<br>9:00-9:15<br>Check-In/Screenings      | To join groups and classes online,       |
| For onsite groups:                               | <u>9:15-9:45</u><br>Ice Breaker               | <u>9:15-9:45</u><br>Ice Breaker                      | <u>9:15-9:45</u><br>Ice Breaker             | please call (213) 338-8477               |
| Maximum Number of members for                    | 9:45-10:35<br>Social Anxiety<br>Support Group | 9:45-10:35<br>Depression Bipolar<br>Support Alliance | 9:45-10:35<br>Schizophrenia Alliance        | & enter the meeting number               |
| each session                                     | <u>10:35-10:50</u><br>Break                   | <u>10:35-10:50</u><br>Break                          | 10:35-10:50<br>Break                        | when prompted.<br>To access groups       |
| Is FIFTEEN so                                    | <u>10:55-11:40</u><br>Fun With Games          | 10:55-11:40<br>Goal Setting                          | 10:55-11:40<br>Enlightenment<br>11:40-12:00 | via computer,<br>please log on to        |
| make an appointment today!                       | 11:40-12:00<br>Social Time                    | 11:40-12:00<br>Social Time                           | Social Time                                 | Zoom.com & enter the                     |
| ***** To make an appointment                     | 12:00-1:30<br>WCC Closed for Cleaning         | 12:00-1:30<br>WCC Closed for Cleaning                | 12:00-1:30<br>WCC Closed for Cleaning       | meeting number<br>under the join         |
| to attend on site groups,                        | 1:30-1:45<br>Check-In/Screenings              | 1:30-1:45<br>Check-In/Screenings                     | 1:30-1:45<br>Check-In/Screenings            | link.                                    |
| or if you have<br>questions please call our      | <u>1:45-2:15</u><br>Ice Breaker               | 1:45-2:15<br>Ice Breaker                             | <u>1:45-2:15</u><br>Ice Breaker             | Or download the<br>Zoom app from         |
| main number                                      | 2:15-3:05<br>Anger Management                 | 2:15-3:05<br>Relapse Prevention                      | 2:15-3:05<br>Open Discussion                | the App Store on your smartphone.        |
| 714-361-4860                                     | 3:05-3:20<br>Break                            | 3:05-3:20<br>Break                                   | 3:05-3:20<br>Break                          | See our Blog at www.wellnesscenteroc.com |
|  | 3:20-4:10<br>Bingo                            | 3:20-4:10<br>Music Appreciation                      | 3:20-4:10<br>Art Workshop                   | or call our main<br>number               |
|  | 4:10-4:30<br>Social Time                      | 4:10-4:30<br>Social Time                             | 4:10-4:30<br>Social Time                    | <b>714-361-4860</b> if you need help     |

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| Calendar is subject to change. Translators and  | Tuesday  | Wednesday  | Thursday   | Î  |
|---|--|--|--|--|
| PLEASE NOTE For onsite groups:  Maximum Number of members for each session Is FIFTEEN   | 16 9:00-9:15 Check-In/Screenings 9:15-9:45 Ice Breaker 9:45-10:35 WRAP 10:35-10:50 Break 10:55-11:40 Scrapbooking  | 9:00-9:15<br>Check-In/Screenings<br>9:15-9:45<br>Ice Breaker<br>9:45-10:35<br>Depression Bipolar<br>Support Alliance<br>10:35-10:50<br>Break<br>10:55-11:40<br>Gardening | 18 9:00-9:15 Check-In/Screenings 9:15-9:45 Ice Breaker 9:45-10:35 Dual Recovery  10:35-10:50 Break 10:55-11:40 Self-Empowerment          | To join groups and classes online, please call (213) 338-8477 & enter the meeting number when prompted. To access groups via computer,                             |
| so make an appointment today! *****   | 11:40-12:00<br>Social Time<br>12:00-1:30<br>WCC Closed for Cleaning  | 11:40-12:00 Social Time  12:00-1:30 WCC Closed for Cleaning  | 11:40-12:00<br>Social Time<br>12:00-1:30<br>WCC Closed for Cleaning  | please log on to Zoom.com & enter the meeting number   |
| To make an appointment to attend on site groups, or if you have questions please call our main number 714-361-4860 ************************************ | 1:30-1:45 Check-In/Screenings  1:45-2:15 Ice Breaker  2:15-3:05 Depression Bipolar Support Alliance  3:05-3:20 Break  3:20-4:10 Bingo  4:10-4:30 Social Time | 1:30-1:45 Check-In/Screenings  1:45-2:15 Ice Breaker  2:15-3:05 Living & Thriving  3:05-3:20 Break  3:20-4:10 Positive Thinking  4:10-4:30 Social Time                   | 1:30-1:45 Check-In/Screenings  1:45-2:15 Ice Breaker  2:15-3:05 Coping Skills  3:05-3:20 Break  3:20-4:10 Karaoke  4:10-4:30 Social Time | 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 |

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| Cuteridar is subject to change. It unstators and | Tuesday                                       | Wednesday  | Thursday                                    |                                      |
|--|---|--|---|--------------------------------------|
| PLEASE NOTE                                      | 22<br>9:00-9:15<br>Check-In/Screenings        | 23 9:00-9:15 Check-In/Screenings                     | 24<br>9:00-9:15<br>Check-In/Screenings      | To join groups and classes online,   |
| For onsite groups:                               | <u>9:15-9:45</u><br>Ice Breaker               | <u>9:15-9:45</u><br>Ice Breaker                      | <u>9:15-9:45</u><br>Ice Breaker             | please call (213) 338-8477           |
| Maximum Number of members for                    | 9:45-10:35<br>Social Anxiety<br>Support Group | 9:45-10:35<br>Depression Bipolar<br>Support Alliance | 9:45-10:35<br>Schizophrenia Alliance        | & enter the meeting number           |
| each session                                     | <u>10:35-10:50</u><br>Break                   | <u>10:35-10:50</u><br>Break                          | 10:35-10:50<br>Break                        | when prompted.<br>To access groups   |
| Is FIFTEEN so                                    | <u>10:55-11:40</u><br>Fun With Games          | 10:55-11:40<br>Goal Setting                          | 10:55-11:40<br>Enlightenment<br>11:40-12:00 | via computer,<br>please log on to    |
| make an appointment today!                       | 11:40-12:00<br>Social Time                    | 11:40-12:00<br>Social Time                           | Social Time                                 | Zoom.com & enter the                 |
| ***** To make an appointment                     | 12:00-1:30<br>WCC Closed for Cleaning         | 12:00-1:30<br>WCC Closed for Cleaning                | 12:00-1:30<br>WCC Closed for Cleaning       | meeting number<br>under the join     |
| to attend on site groups,                        | 1:30-1:45<br>Check-In/Screenings              | 1:30-1:45<br>Check-In/Screenings                     | 1:30-1:45<br>Check-In/Screenings            | link.                                |
| or if you have<br>questions please call our      | <u>1:45-2:15</u><br>Ice Breaker               | 1:45-2:15<br>Ice Breaker                             | 1:45-2:15<br>Ice Breaker                    | Or download the<br>Zoom app from     |
| main number                                      | 2:15-3:05<br>Anger Management                 | 2:15-3:05<br>Relapse Prevention                      | 2:15-3:05<br>Open Discussion                | the App Store on your smartphone.    |
| 714-361-4860                                     | 3:05-3:20<br>Break                            | 3:05-3:20<br>Break                                   | 3:05-3:20<br>Break                          | See our Blog at                      |
|  | 3:20-4:10<br>Bingo                            | 3:20-4:10<br>Music Appreciation                      | 3:20-4:10<br>Art Workshop                   | or call our main<br>number           |
|  | 4:10-4:30<br>Social Time                      | 4:10-4:30<br>Social Time                             | 4:10-4:30<br>Social Time                    | <b>714-361-4860</b> if you need help |

#### **Wellness Center, Central**

Onsite Groups March 2021
Calendar is subject to change. Translators available upon request Wednesday **Tuesday** 

2:15-3:05

3:05-3:20

3:20-4:10

4:10-4:30 **Social Time** 

Break

Bingo

**Depression Bipolar** 

**Support Alliance** 

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

#### 30 31 9:00-9:15 9:00-9:15 **Check-In/Screenings Check-In/Screenings** PLEASE NOTE 9:15-9:45 9:15-9:45 For onsite groups: Ice Breaker Ice Breaker 9:45-10:35 9:45-10:35 Maximum Number Employment Support WRAP **Depression Bipolar Support Alliance** of members for 10:35-10:50 Call Janice Break 10:35-10:50 each session Break (949) 406-9687 10:55-11:40 Is FIFTEEN **Scrapbooking** 10:55-11:40 **Gardening** SO **Education Support** 11:40-12:00 11:40-12:00 make an **Social Time Social Time** Call William at appointment today! (714) 714-5813 \*\*\*\* 12:00-1:30 12:00-1:30 **WCC Closed for Cleaning WCC Closed for Cleaning** To make an appointment 1:30-1:45 For help with your 1:30-1:45 to attend on site groups, **Check-In/Screenings Check-In/Screenings** WRAP Plan or if you have 1:45-2:15 1:45-2:15 Ice Breaker Ice Breaker call Diana at questions please call our

2:15-3:05

3:05-3:20

3:20-4:10

4:10-4:30

**Social Time** 

**Break** 

**Living & Thriving** 

**Positive Thinking** 

To join groups and classes online, 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

(626) 373-0157

main number

714-361-4860