

WELLNESS CENTER CENTRAL NEWSLETTER

January 2026



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WCC UPCOMING EVENTS

- WCC will host an Education Fair on January 29th, 2026. If you are interested in going back to school or continuing your education goals, please call us at 714-361-4860 for more information.
- WCC's Annual Black History Month Celebration will be on February 27th, 2026. The celebration is about honoring African-American Achievement throughout history. For more information about the event, please call 714-361-4860.
- WCC will have Health and Resource Fair in March. Please call us at 714-361-4860 for more information.

WCC Work Order Day

WCC VOLUNTEER OPPORTUNITIES PROGRAM

Work Order Day describes the structure of the day-to-day activity within WCC to organize and help members develop self-esteem, confidence and friendships, which make up the foundation of the recovery process. The Work Order Day mirrors workplace environment in preparing and supporting members for employment.

The Work Order Day is organized into three teams: Administration, Peer, and Maintenance. Division meetings and orientations are held to foster relationships as well as to organize and plan the work of the day, and to assist in the development of and provide support for the participants.

It's WORK ORDER DAY Time!

You love the Wellness Center,
and you want to lend a hand...
Here is your opportunity to do what you can!
Work Order Day mirrors the workplace
environment in preparing and supporting
members for employment.

Three areas to choose from:

Administration Team

This includes answering incoming calls, assisting with making copies, faxing, and other clerical tasks.

Maintenance Team

This includes routine cleaning and inspection of building interior and exterior. Kitchen monitor, sweeping, dusting, picking up litter, taking out trash and watering to maintain WCC's garden.

Peer Team

This includes but is not limited to community outreach, event planning, resource room concierge, program tours, welcoming specialist and translation assistance.

Please contact Jason Stentz (949) 406-9687
or see any staff member for more information.

This is your time to SHINE!



WCC ANNUAL JOB FAIR

OUR ANNUAL EMPLOYMENT OPPOTURNITIES

Wellness Center Central presented its Annual Job Fair on Thursday, September 25th, 2025. The Job Fair provides members with the opportunity to connect with agencies in the community offering employment resources.

Our Job Fair had a wide range of community partners and service providers from businesses, nonprofits, and health care agencies. We had over 50 members participate in this event. The Job Fair was a huge success for our members who are seeking career opportunities and resources in the community.



WCC ANNUAL HALLOWEEN COSTUME CONTEST AND TALENT SHOW

CELEBRATION OF DIVERSITY

WCC celebrated its annual Halloween Costume Contest and Talent Show on October 31st, 2025. This event is for members to celebrate Halloween in their favorite costume and showcase their wonderful talents.

We had many members and staff present their creative costumes to win the scariest, funniest, and most original costume prizes. Moreover, our members showcased their extortionary talents such as singing, poetry, and playing piano.

Over 75 members attended the Halloween event and had an amazing time. We are very proud of our members for presenting their talents and costumes.





IN LOVING MEMORIES OF JOHNNY CASE

A CELEBRATION OF LIFE

The Wellness Center Central had a memorial service for our dear member, Johnny Case, on Wednesday, October 22nd, 2025. Johnny Case had been a member for 11+ years and served as a member and president of the MAB for many of those years. He was a resilient, kind-hearted, and positive person. Over the year, Johnny remained a steadfast source of support and encouragement for members in recovery. Johnny also volunteered at CHOC Hospital for many years, helping to comfort disabled children.

May his soul rest in peace.

WCC ANNUAL HOLIDAY LUNCH

MERRY CHRISTMAS AND HAPPY HOLIDAY TO EVERYONE

On Thursday December 18th, 2025, from 11:30 A.M. – 2:00 P.M. Wellness Center Central had its annual Holiday Lunch for members to celebrate the holidays with joy and happiness. We had 147 members in attendance. Everyone had an amazing time socializing and wishing each other well.

On behalf of the staff at Wellness Center Central, we wish everyone a season filled with joy and laughter. Our warmest thoughts and wishes for a wonderful holiday go to you and your family. Whatever you are celebrating, we hope your festivities are full of delight and happiness. May your days be merry and bright. Thinking of you with love amid all the magic of the holidays. We can't wait to spend 2026 with you!



WCC Annual Thanksgiving Feast

HOLIDAY FEAST AT WCC

WCC celebrated Thanksgiving on November 13th, 2025 to give our appreciation to our members have been with us throughout the years. Our Thanksgiving Feast included traditional food and deserts such as ham, turkey, mashed potatoes and gravy, mac and cheese, and pumpkin pie. Our members enjoyed delicious food and socializing with each other. It was a joyous event for everyone. Make sure to join us next year if you missed it!





FROM ZERO TO HERO

CRISTINA'S STORY

Hi, my name is Cristina.

I've been a member at Wellness Center Central for about a year and a half. I'm deeply grateful for this place because it has been a steady support in a very personal and important time in my life.

Before I found this center, I felt isolated, surrounded by unhealthy habits, and stuck in patterns that kept me from growing. I knew I needed to change, so I let go of old environment and routines. After that, I didn't know where to turn. I felt lost, unsure, and searching for something that felt safe.

One day, I came across the center online and decided to walk in. I didn't know what I needed or what I was looking for. I just hoped to find a place where I could breathe. From the moment I arrived, the space felt calm and welcoming, and something in me knew I needed to return.

I started attending classes slowly. At first, I was quiet and unsure, but with each class I learned a little more about coping, emotions, my mindset, and the parts of myself I had ignored for a long time. The more I showed up the more I felt supported. I talked to the facilitators. I met other members. I began to feel seen. And slowly, this place started to feel like home.

Wellness Center Central has taught me about healing, self-care, community, and what it means to rebuild your life with intention. Some of my favorite classes have been Coping Skills, Break Through the Barriers of Trauma, Karaoke, A.A., and Positive Thinking. Each one has helped me understand myself in a different way.

If you are reading this and you feel lost, overwhelmed, or unsure where to start, please know you are not alone. This is a place where you can heal at your own pace, surrounded by people who truly understand. Here, you don't have to pretend. Here, you are seen and supported.

My message to you is simple: **keep going. Even one small step can lead you toward a completely different life.**

Thank you, Wellness Center Central, for helping me find myself again and for making a real difference in my life.

Cristina Rodriguez

