



# Wellness Center Central

Remote Tele-Groups **November** 2020

*\*Calendar is subject to change*

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

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>23</b>  <u>9:45-10:45</u> Dual Recovery Anonymous Mtg # 924 339 886  <u>9:45-10:45</u> <b>Meditation</b> Mtg # 145 779 5825  <u>11:15-12:15</u> Social Time Mtg # 929 106 584  <u>11:15-12:15</u> Yoga Mtg # 145 956 6880  <u>12:45-1:45</u> <b>Mental Health</b> <b>During Pandemic</b> Mtg # 145 974 7698  <u>2:15-3:15</u> Healthy Relationships Mtg # 924 652 716  <u>2:15-3:15</u> Coping With Anxiety Mtg # 926 492 321  <u>3:30-4:30</u> Grief Support Mtg # 145 401 3521  <u>3:30-4:30</u> Better Days Mtg # 928 705 276	<b>24</b>  <u>9:45-11:15</u> Depression Bipolar Support Alliance Mtg # 928 306 060  <u>11:15-12:15</u> Schizophrenia Alliance Mtg # 145 306 1246  <u>12:30-1:30</u> <b>Social Circle</b> Mtg # 145 849 3198  <u>12:45-1:45</u> Let's Get Moving: Exercise Mtg # 920 587 303  <u>12:45-1:45</u> Chess Club Mtg # 145 589 7650  <u>2:15-3:15</u> Alcoholics Anonymous Open Meeting Mtg # 925 547 538  <u>2:15-3:15</u> Nutrition 101 Mtg # 921 496 529  <u>3:30-4:45</u> Choir Mtg # 923 420 552	<b>25</b>  <u>9:45-11:15</u> NAMI Connection Mtg # 924 913 007  <u>9:45-10:45</u> Let's Go....Virtual Tours Mtg # 922 220 677  <u>11:15-12:15</u> Community Meeting Mtg # 923 885 677  <u>12:45-1:45</u> <b>Mental Health</b> <b>During Pandemic</b> Mtg # 145 974 7698  <u>12:45-1:45</u> WRAP Mtg # 926 223 740  <u>2:15-3:15</u> Goal Setting Mtg # 928 722 236  <u>2:15-3:15</u> PPSP/ Ambassador Meeting Mtg # 145 139 4818  <u>3:45-4:45</u> Brain Health Mtg # 145 597 6558  <u>3:45-4:45</u> Poetry Mtg # 924 787 038	<b>26</b>  	<b>27</b>  	<p>To join online, please call <b>415-655-0003</b> &amp; enter the meeting number when prompted. To access groups via computer, please log on to <b>WebEx.com</b> &amp; enter the meeting number under the join tab. Or download the <b>WebEx</b> 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>

*Wellness  
Center Central  
will be closed for  
the  
Thanksgiving  
holiday*

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<b>30</b>  <u>9:45-10:45</u> Dual Recovery Anonymous Mtg # 924 339 886  <u>9:45-10:45</u> Meditation-Guided Imagery Mtg # 145 779 5825  <u>11:15-12:15</u> Social Time Mtg # 929 106 584  <u>11:15-12:15</u> Yoga Mtg # 145 956 6880  <u>12:45-1:45</u> Mental Health During Pandemic Mtg # 145 974 7698  <u>2:15-3:15</u> Healthy Relationships Mtg # 924 652 716  <u>2:15-3:15</u> Coping With Anxiety Mtg # 926 492 321  <u>3:30-4:30</u> Grief Support Mtg # 145 401 3521  <u>3:30-4:30</u> Better Days	  <i>* Employment Support *</i>  <i>By Appointment</i>  ~~~~~ <i>To consult with our Employment Specialist Janice, please call (657) 222-5161</i>	<i>*Education Support *</i>  <i>By Appointment</i>  ~~~~~ <i>If you are interested in Returning to school, call our main number for help, support &amp; ideas.</i>	<div>                     Join us for our <b>WebEx</b> online groups and encourage your fellow members to join us too! WebEx groups will continue when on-site services return.                 </div> <div>                       Wellness Center Central has returned to partial on-site services! There is a maximum attendance of 15 members per session. An appointment is required to attend, so make sure to call us today!  <b>714-361-4860</b>   </div>		