# Wellness Center Central

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

Thursday

Hours of Operation Monday-Thursday & Saturday 9:00am-5:00pm Friday 9:00am-8:00pm

Calendar is subject to change. Translators available upon request. Monday **Tuesday 25** 9:15-9:45 **24** 9:15-9:45 Ice Breaker LR Ice Breaker LR 9:45-12:45 \*\*Returning Group\*\* 9:45-10:45 Eat Well. Live Well 114 Beach Volleyball F (H) 814 7469 2733 **Location 17th & PCH** 10:00-11:00 **Huntington Beach Al-Anon Meeting 107** 10:00-10:30 10:00-11:30 Walk & Talk OS OFF Campus Sport 10:00-11:00 Activities-Grijalva Park Mindful Meditation 111 **10:00-12:00 Dual Recovery** Watercolors 113 Anonymous 108 (H) 847 7808 6908 10:00-1:00 Volunteerism F 10:00-12:00 Gold Coast Farms **Iewelry Design 113** 10:30-12:00 11:00-12:00 **Music Academy 108** Break through the (H) 885 0804 0727 Barriers of Trauma 108 (H) 816 7681 1961 11:00-12:00 Music Appreciation 114 Schizophrenia Alliance 114 Yoga 107 **DBSA** 111 Karaoke 107 12:00-1:00 Social Time LR (H) 12:00-1:00 823 6633 6837 Social Time LR 1:00-2:00 1:00-2:00 Healthy Self Empowerment 111 **Relationships 108** (H) 895 9260 2224 (H) 840 3417 3056 **Time Travel with Terry Effective** 108 (H) 818 6899 2601 **Communication 111** 1:30-2:30 1:00-2:30 **Beginning Computer 109 Healing With Art 113** 2:00-3:00 \*\*New Group\*\* 1:30-3:00 Cooking K **Best Presenting Self 114** 836 1671 9491 **2:15-3:15** Coping Skills 108 2:00-3:30 Social Anxiety 111 Glass Arts/Mosaics 113 3:30-4:30 2:00-4:00 **DBSA 108 Bowling at Concourse F** Game Time 114 2:15-3:15 **Anger Management 108** (H)=Hybrid (H) 897 1661 6727 Zoom/Onsite 3:30-4:30 Chess Club 114 Group is

online/onsite

Relaciones Saludables 108

www.wellnesscenteroc.com Wednesday **26** 9:15-9:45 **27** 9:15-9:45 Ice Breaker LR Ice Breaker LR 9:45-10:45 Wellness Wednesday114 Gardening OS 9:45-11:00 NAMI Connection 108 (H) 824 5047 2205 9:45-11:15 Art Workshop 113 10:00-10:30 Walk & Talk OS **10:00-11:00** AA Open Meeting 111 (H) 836 0460 9371 \*\*Nuevo Tiempo\*\* Grupo de Apovo 108 Community Meeting LR (H) 844 3176 0396 12:00-1:00 Social Time LR (H) 823 6633 6837 12:00-3:00 <u>Volunteerism</u> F Beach Clean Up 1:00-3:00 Pride Celebration & Comedy Show! 3:15-4:30 Chess Club 114 Crochet 113 West African Drumming 111 <u>3:30-4:30</u> Journaling y Escritura 107 Social Skills 108

9.45-10:45 Tai Chi 107/0S 9:45-11:15 **OFF Campus Sport Activities-Grijalva Park** 10:00-11:00 **Healthy Living 114** (H) 812 0742 2407 **DBSA 108** (H) 852 7154 9027 10:00-3:00 Social Outing F **Norton Simon Museum** 11:00-12:00 Open Discussion 107 **Brain Health 114 Positive Thinking 108** (H) 841 4238 8927 12:00-1:00 Social Time LR 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 Juicing K College & Career Pathways 114 **Enlightenment 111** 1:00-2:30 Advanced **Music Academy 108** (H) 885 0804 0727 2:00-4:30 Open Art Class 113 3:30-4:30 NA Open Meeting 111 (H) 836 0460 9371 Poetry 114 (H) 860 6045 5887

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Friday 28 9:15-9:45 Ice Breaker LR 9:45-12:15 Education Fair WCS 10:00-11:00 Looking Good-Feeling Good 108 10:00-11:30 **Cooking K** 10:00-11:30 **Glass Arts/Mosaics 113** Ioin Us For Coffee F 10:00-12:00 Social Outing **Education Fair WCS 11:00-11:30** Chat With MAB 114 11:00-12:00 Stay Fit Friday 107/0S AA Open Meeting 111 \*\*New Group\*\* Sports & Talk 108 12:00-1:00 **Community Meeting LR** (H) 844 3176 0396 1:00-2:00 Mindfulness 111 **Balance & Boundaries 108** Auto-Empoderamiento 114 1:00-3:00 Fun With Acrylics 113 2:00-3:00 Women's Group 114 (H) 875 7924 1408 Men's Group 111 (H) 865 8458 5314 3:00-4:30 **Good Vibes Circle 108** Chess Club 114 **West African Drumming 111** 

3:15-4:15

Tea Time K

LR, 113, 108

Super Bingo!

Language 107

Anime/Japanese

5:00-8:00 Social Hour

BUNGO

Saturday **29** 9:15-9:45 Ice Breaker LR 9:45-10:45 Coping Skills 108 10:00-12:00 lewelry Design 113 10:00-11:00 Schizophrenia Alliance 114 10:00-3:30 Social Outing F Japanese American National Museum 11:00-12:00 Enlightenment 108 (H) 867 7506 1248 11:30-3:30

**Matinee Movies** at AMC 30 at the **Outlets at Orange** Van leaves WCC at 11:45+-Box Office 12:00+ -Return Pick -3:30+-

\*\*Special Group\*\* 12:15-2:00 Art Calendar Workshop 12:00-1:00 Topic of the Day 108 (H) 810 6071 6338

1:00-2:00 Poetry 114 NAMI Connection 108 (H) 825 2384 8811

2:15-4:25 Fun With Acrylics 113 In House Cinéma LR Bingo 114 Karaoke 108 Fun with Games 107

## Wellness Center Central July 2024 Calendar is subject to change. Translators available upon request.

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

**Hours of Operation** Monday-Thursday & Saturday 9:00am-5:00pm Friday 9:00am-8:00pm

www.wellnesscenteroc.com

## WELLNESS CENTER CENTRAL PRESENTS

# 2024 MHSA CALENDAR **ART FAIR**

Featuring:

ORANGE COUNTY ARTISTS & WRITERS WHO ARE 18 YEARS OF AGE OR OLDER. & WHO ARE CURRENT OR FORMER CLIENTS OF MENTAL HEATH CARE.

> Enter your art for consideration to be featured in the 2025 Mental Health Services Act (MHSA) Calendar.

# THURSDAY 1:30 P.M. - 3:30 P.M.

**FEATURING: PAINTINGS, DRAWINGS,** MIXED-MEDIA, PRINTS, PHOTOGRAPHY, CRAFTS, SCULPTURE, CERAMICS, **WRITTEN ART & MUCH MORE!** 

### FOR INFORMATION PLEASE CONTACT:

Sohail Eftekharzadeh (714) 361-4 or Chloe M. calendarart2025@gmail.com





## **DEADLINES**

**ALL ART & ENTRY FORMS** MUST BE RECEIVED BY 7/17/2024

**ALL WRITING & ENTRY** FORMS MUST BE RECEIVED BY 7/17/2024

**ENTRY FORMS CAN BE OBTAINED AT:** 

**WELLNESS CENTER** CENTRAL 401 S. TUSTIN ST., C ORANGE, CA 92866 (714) 361-4860 WELLNESSCENTEROC.COM



For hybrid groups call (213) 338-8477, enter meeting number when prompted. Via computer at **Zoom.US** enter meeting # under the **Join A Meeting** link. Download the Zoom app from the App Store on your smartphone.

See our Blog at wellnesscenteroc.com or call 714-361-4860.

## **JOB CLUB**



## **Motivation**

- What Is Your Motivation Style?
- What Is Holding You Back?
- Setting Your Goals and Staying On The Ball
- How to Keep Going When the Going Gets Tough



**HYBRID** 

**THURSDAY** JULY 11, 2024 2:00 P.M.







Open to all individuals receiving behavioral health services from within the OC Health Care Agency's behavioral health care system, receiving services at any OC Wellness Centers, or approved



2250 S Yale St #A Santa Ana, CA 92704 23871 Via Fabricante, #401 Mission Viejo, CA 92691

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**Employment** & Education support by appointment Please Contact Mario at *(949)* 406-9687 9am-5pm Mon-Fri

\*Notice\* Campus Sport Activities This group is off campus at Grijalva Park 368 N. Prospect **Orange** X-street-Chapman \*Weather Permitting\* Meet us there or ride with us.

> For Help with your Wellness Recovery Action Plan (WRAP)

Please call Diana for Assistance at

(714) 361-4860

9am-5pm

# Wellness Center Central Calendar is subject to change. Translators available upon request.

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Hours of Operation Monday-Thursday & Saturday 9:00am-5:00pm Friday 9:00am-8:00pm

Calendar is subject to c	hange." Translators available upo	on request.	7 70	Friday 9:00aiii	1-8.00pm
Monday	Tuesday	Wednesday	Thursday		Saturday
1 <u>9:15-9:45</u> Ice Breaker LR	2 9:15-9:45 Ice Breaker LR	<b>3</b> <u>9:15-9:45</u> Ice Breaker LR	4	<b>5</b> <u>9:15-9:45</u> Ice Breaker LR	6 <u>9:15-9:45</u> Ice Breaker LR
9:45-12:45 **Returning Group** Beach Volleyball F	9:45-10:45 Eat Well, Live Well 114 (H) 814 7469 2733	9:45-10:45 Wellness Wednesday 114 Gardening OS	CLOSED	10:00-11:00 Looking Good-Feeling Good 108	9:45-10:45 Coping Skills 108 10:00-12:00
Location 17th & PCH Huntington Beach 10:00-10:30	10:00-11:00 Al-Anon Meeting 107 10:00-11:30	9:45-11:00 NAMI Connection 108 (H) 824 5047 2205	in Observance	10:00-11:30 Cooking K 10:00-11:30	Jewelry Design 113 10:00-11:00 Schizophrenia Alliance 114
Walk & Talk OS 10:00-11:00 Mindful Meditation 111 Dual Recovery	OFF Campus Sport Activities-Grijalva Park 10:00-12:00	9:45-11:15 Art Workshop 113 10:00-10:30 Walk & Talk OS	of	Glass Arts/Mosaics 113 Join Us For Coffee F 11:00-11:30 Ambassador Meeting/	<u>10:30-4:00</u> Social Outing F
Anonymous 108 (H) 847 7808 6908 10:00-12:00	Watercolors 113 10:00-1:00 Volunteerism F	10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371	Independence Day	PPSP 114 11:00-12:00 Stay Fit Friday 107/0S	Diamond Bar Classic Car Show
Jewelry Design 113 11:00-12:00	Gold Coast Farms 10:30-12:00	**Nuevo Tiempo** Grupo de Apoyo 107 11:00-11:50		AA Open Meeting 111 **New Group** Sports & Talk 108	11:00-12:00 Enlightenment 108 (H) 867 7506 1248
Break through the Barriers of Trauma 108	Music Academy 108 (H) 885 0804 0727 11:00-12:00 Schizophrenia Alliance 114	Community Meeting LR (H) 844 3176 0396 11:00-2:00		12:00-1:00 Social Time LR (H) 823 6633 6837	11:30-3:30 Matinee Movies at AMC 30 at the
Music Appreciation 114 Yoga 107 12:00-1:00 Social Time LR (H)	DBSA 111 Karaoke 107 12:00-1:00	Volunteerism F Food Distribution		1:00-2:00 Mindfulness 111 Balance & Boundaries 108 Auto-Empoderamiento 114	Outlets at Orange <u>Van leaves</u> WCC at 11:45+-
823 6633 6837 1:00-2:00 Healthy	12:00-1:00	12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00		**New Time** 1:30-3:30 Fun With Acrylics 113	<u>Box Office</u> <u>12:00 to 12:30</u> <u>Return Pick -3:30</u>
Relationships 108 (H) 840 3417 3056 Effective	(H) 895 9260 2224 Time Travel with Terry 108 (H) 818 6899 2601	ASL Sign Language 108 Young Adult Group Preparing for		2:00-3:00 Women's Group 114	12:00-1:00 Topic of the Day 108 (H) 810 6071 6338
Communication 111 1:00-2:30 Healing With Art 113	1:30-2:30 Beginning Computer 109	the Future 107 1:00-2:30 Jewelry Design 113		(H) 875 7924 1408 Men's Group 111 (H) 865 8458 5314	**Special Group** 12:15-2:00 Art Calendar Workshop
1:30-3:00 Cooking K 2:15-3:15	2:00-3:30 Glass Arts/Mosaics 113	Uke'N'Feel Better 111 WRAP 114 (H) 832 7126 3020	Have a	**New Day**  **New Group** Best Presenting Self 114 836 1671 9491	1:00-2:00 Poetry 114 NAMI Connection 108 (H) 825 2384 8811
Coping Skills 108 Social Anxiety 111	2:00-4:00 Bowling at Concourse F 2:15-3:15	2:30-3:30 Bingo 107 2:30-4:00	SAFE and	3:00-4:30 Good Vibes Circle 108 Chess Club 114	2:15-4:25 Fun With Acrylics 113 In House Cinema LR
3:30-4:30 DBSA 108 Game Time 114	Anger Management 108 (H) 897 1661 6727 3:30-4:30	Chess Club 114 Crochet 113 3:00-4:30	FUN	West African Drumming 111 3:15-4:15	Bingo 114 Karaoke 108 Fun with Games 107 3:00-4:00
Translators available upon request in:	Chess Club 114 Relaciones Saludables 108	West African Drumming 111 3:30-4:30	Holiday!! *****	Rock & Roll-Choir 107 (H) 857 3185 8460 5:00-8:00 Social Hour	Camp Planning Meeting 111 820 9715 8725
Spanish, Korean Vietnamese, Farsi, Chinese		Journaling y Escritura 107 Social Skills 108		LR, 113, 108 Anime/Japanese Language	CAMP PLANNING <b>MEETING</b>
Larsi, Chimese		Copyright Clarvida, 20.	24, All Kignts Keserved		MEELING

# Wellness Center Central July 2024

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Hours of Operation Monday-Thursday & Saturday 9:00am-5:00pm Friday 9:00am-8:00pm

Calendar is subiect to cl	nange. Translators available upo	on request. www.wel	lnesscenteroc.com	Friday 9:00an	1-8:00pm
Monday	Tuesday	Wednesday		Friday * .	
<b>8</b> <u>9:15-9:45</u> Ice Breaker LR	9 <u>9:15-9:45</u> Ice Breaker LR	10 <u>9:15-9:45</u> Ice Breaker LR	11 <u>9:15-9:45</u> Ice Breaker LR	12 <u>9:15-9:45</u> Ice Breaker LR	13 <u>9:15-9:45</u> Ice Breaker LR
9:45-12:45 **Returning Group** Beach Volleyball F	9:45-10:45 Eat Well, Live Well K	9:45-10:45 Wellness Wednesday 114 Gardening OS	141 0111 2017 00	Education Fair WCS 10:00-11:00	9:45-10:45 Coping Skills 108
Location 17th & PCH Huntington Beach	(H) 814 7469 2733 10:00-11:00 Al-Anon Meeting 107	9:45-11:00 NAMI Connection 108 (H)	9:45-11:15 OFF Campus Sport Activities-Grijalva Park	Looking Good-Feeling Good 108	10:00-12:00 Jewelry Design 113 10:00-11:00
10:00-10:30 Walk & Talk OS 10:00-11:00	10:00-11:30 OFF Campus Sport	824 5047 2205 9:45-11:15 Art Workshop 113	10:00-11:00 Healthy Living 114	10:00-11:30 Cooking K 10:00-11:30	Schizophrenia Alliance 114
Mindful Meditation 111 Dual Recovery Anonymous 108	Activities-Grijalva Park 10:00-12:00	10:00-10:30 Walk & Talk OS	(H) 812 0742 2407 DBSA 108 (H) 852 7154 9027	Glass Arts/Mosaics 113 Join Us For Coffee F	10:30-4:00
(H) 847 7808 6908 10:00-12:00	Watercolors 113 10:00-1:00	10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371	10:00-3:00 Social Outing F	**Special Time** 11:30-12:00 Chat with MAB 113	Social Outing F Cars Coffee & Culture
Jewelry Design 113	Volunteerism F Gold Coast Farms	**Nuevo Tiempo** Grupo de Apoyo 107	Cabrillo Marine Aquarium & Korean Friendship Bell at San	11:00-12:00 Stay Fit Friday 107 or OS	Car Show-Anaheim
11:00-12:00 Break through the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 Yoga 107	10:30-12:00 Music Academy 108 (H) 885 0804 0727	11:00-11:50 Community Meeting LR (H) 844 3176 0396	Pedro 11:00-11:50 Open Discussion 107	AA Open Meeting 111 LGBTQ+(Closed) 114 **New Group**	11:00-12:00 Enlightenment 108 (H) 867 7506 1248
12:00-1:00	11:00-12:00 Schizophrenia Alliance 114 DBSA 111	12:00-1:00 Social Time LR (H) 823 6633 6837	Brain Health 114 Positive Thinking 108 (H) 841 4238 8927	Sports & Talk 108 12:00-1:00 Social Time LR (H)	11:30-3:30
Social Time LR (H) 823 6633 6837 1:00-2:00 Healthy	Karaoke 107 12:00-1:00	12:00-3:00 Volunteerism F Beach Clean Up	12:00-1:00 Social Time LR	823 6633 6837 1:00-2:00	Matinee Movies at AMC 30 at the Outlets at Orange
Relationships 108 (H) 840 3417 3056 Effective	Social Time LR  1:00-2:00 Self Empowerment 111	1.00-2.00	12:00-3:00 Volunteerism F Beach Clean Up	Mindfulness 111 Balance & Boundaries 108 Auto-Empoderamiento 114	<u>Van leaves</u> <u>WCC at 11:45+-</u> <u>Box Office</u>
Communication 111 1:00-2:30 Healing With Art 113	(H) 895 9260 2224 Time Travel with Terry	ASL Sign Language 108 Young Adult Group Preparing for the Future 107	1:00-2:00 Juicing K	**New Time** 1:30-3:30	12:00 to 12:30 Return Pick -3:30
1:30-3:00 Cooking K	108 (H) 818 6899 2601 1:30-2:30	1:00-2:30 Jewelry Design 113 Uke'N'Feel Better 111	College & Career Pathways 114 Enlightenment 111	Fun With Acrylics 113	12:00-1:00 Topic of the Day 108 (H) 810 6071 6338
2:15-3:15 Coping Skills 108 Social Anxiety 111	Beginning Computer 109 2:00-3:30	WRAP 114 (H) 832 7126 3020	2:00-3:15 Job Club 114	2:00-3:00 Summer	(H) 810 6071 6338 **Special Group**
3:30-4:30 DBSA 108	Glass Arts/Mosaics 113 2:00-4:00	2:30-3:30 Bingo 107 2:30-4:00	Motivation 873 9190 1087 Passcode: 815206	Barbecue	<u>12:15-2:00</u> Art Calendar Workshop
Game Time 114  MAB	Bowling at Concourse F  2:15-3:15 Anger Management 108	Chess Club 114 Crochet 113 3:00-4:30	1:00-2:30	3:15-4:30 Good Vibes Circle 108 Chess Club 114	1:00-2:00 Poetry 114
Agenda Mtg. 07/12/2024 10:00-10:30am	(H) 897 1661 6727 3:30-4:30	West African Drumming 111	Advanced Music Academy 108 (H) 885 0804 0727	West African Drumming 111	NAMI Connection 108 (H) 825 2384 8811 2:15-4:25
~~~~~~ MAB Mtg. 114	Chess Club 114 Relaciones Saludables 108	3:30-4:30 Journaling y Escritura 107 Social Skills 108	2:00-4:30 Open Art Class 113 3:30-4:30	3:15-4:15 Tea Time K 5:00-8:00 Social Hour	Fun With Acrylics 113 In House Cinema LR
07/19/2024 11:00-12:30 			NA Open Meeting 111 (H) 836 0460 9371	LR, 113, 108 Anime/Japanese	Bingo 114 Karaoke 108 Fun with Games 107
Closed Groups	Copyright Clarvida, 20.	ı 24, All Rights Reserved	Poetry 114	Language	

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Calendar is subject to change. Translators available upon request.

* * * Monday	
Monday	Tuesday
15 9:15-9:45 Ice Breaker LR 9:45-12:45 **Returning Group** Beach Volleyball F Location 17th & PCH Huntington Beach 10:00-10:30 Walk & Talk OS 10:00-11:00 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 10:00-12:00 Jewelry Design 113 11:00-12:00 Break through the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 Yoga 107 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 Healthy Relationships 108 (H) 840 3417 3056 Effective Communication 111 1:00-2:30 Healing With Art 113 1:30-3:00 Cooking K	ell, Live Well 114 14 7469 2733 -11:00 on Meeting 107 -11:30 ampus Sport ties-Grijalva Park -12:00 rcolors 113 -1:00 teerism F Coast Farms -12:00 Academy 108 35 0804 0727 -12:00 phrenia Alliance 114 111 oke 107 -1:00 Time LR aung 114 52 9041 3250 ct Staff to enroll 2:00 mpowerment 111 05 9260 2224 Travel with Terry H) 818 6899 2601 2:30 ning Computer 109 3:30 Arts/Mosaics 113
Music Appreciation 114 Yoga 107  12:00-1:00 Social Time LR (H) 823 6633 6837  1:00-2:00 Healthy Relationships 108 (H) 840 3417 3056 Effective Communication 111  1:00-2:30 Healing With Art 113  1:30-3:00 Cooking K  2:15-3:15 Coping Skills 108 Social Anxiety 111  3:30-4:30 DBSA 108 Game Time 114  Karao 12:00 Social New L (H) 85 Conta 1:00-2 Relationships 108 (H) 89 Social 3:30-4:30 Cooking K	oke 107 -1:00 Time LR Jung 114 52 9041 3250 ct Staff to enroll 2:00 mpowerment 111 95 9260 2224 Travel with Terry H) 818 6899 2601 2:30 ning Computer 109 3:30 Arts/Mosaics 113 4:00 ng at Concourse F 3:15 Management 108 97 1661 6727

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Social Skills 108

Thursday | **18** 9:15-9:45 Ice Breaker LR 9.45-10:45 Tai Chi 107/OS 9:45-11:15 **OFF Campus Sport** Activities-Grijalva Park 10:00-11:00 **Healthy Living 114** (H) 812 0742 2407 **DBSA 108** (H) 852 7154 9027 10:00-3:00 Social Outing F Workman & Temple Family Homestead Museum 11:00-12:00 Open Discussion 107 **Brain Health 114 Positive Thinking 108** (H) 841 4238 8927 **12:00-1:00** Social Time LR 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 **Juicing K** College & Career Pathways 114 **Enlightenment 111** 1:00-2:30 Advanced **Music Academy 108** (H) 885 0804 0727 2:00-4:30 Open Art Class 113 3:30-4:30 NA Open Meeting 111 (H) 836 0460 9371 Poetry 114 (H) 860 6045 5887

Good 108 **Cooking K** 1:00-2:00 1:30-3:30 2:00-3:00 Women's Group 114 (H) 875 7924 1408 Mén's Group 111 (H) 865 8458 5314 \*\*New Dav\*\* \*\*New Group\*\* **Best Presenting Self 114** 836 1671 9491 3:00-4:30 **Good Vibes Circle 108** Chess Club 114 West African **Drumming 111** 3:15-4:15 Rock & Roll-Choir 107 (H) 857 3185 8460

5:00-8:00 Social Hour

LR 113 108

Friday x Saturday 3 **20** 9:15-9:45 Ice Breaker LR **19** 9:15-9:45 Ice Breaker LR 9:45-10:45 Coping Skills 108 10:00-11:00 **Looking Good-Feeling** 10:00-12:00 Jewelry Design 113 10:00-11:30 10:00-11:00 Schizophrenia Alliance 114 10:00-11:30 **Glass Arts/Mosaics 113 10:30-4:00 Join Us For Coffee F** Social Outing F The Rancho 11:00-11:30 Los Alamitos Ambassador Meeting/ PPSP LR or 107 11:00-12:00 Enlightenment 108 (H) 867 7506 1248 11:00-12:00 Stay Fit Friday 107/0S AA Open Meeting 111 \*\*New Group\*\* Sports & Talk 108 11:30-3:30 **Matinee Movies** 12:00-1:00 Social Time LR (H) at AMC 30 at the 823 6633 6837 **Outlets at Orange** Van leaves Mindfulness 111 WCC at 11:45+-**Balance & Boundaries 108** Box Office 12:00+ -Auto-Empoderamiento 114 Return Pick -3:30+-\*\*New Time\*\* Fun With Acrylics 113

12:00-1:00 Topic of the Day 108 (H) 810 6071 6338 1:00-2:00 Poetry 114 NAMI Connection (H) 825 2384 8811 2:15-4:25 Fun With Acrylics 113 In House Cinema LR Bingo 114 Karaoke 108 **Fun with Games 107** 3:00-4:00 Camp Planning Meeting 111 820 9715 8725 Passcode MRC

CAMP PLANNING

# Wellness Center Central

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

Hours of Operation Monday-Thursday & Saturday 9:00am-5:00pm

Phone: (714)361-4860 Friday 9:00am-8:00pm  Calendar is subject to change. Translators available upon request.  Wednesday Thursday Friday Sat	urday 🗼
Monday Tuesday Wednesday Thursday Friday Sat	uruay 🚤
<del></del> <del></del> <del></del>	<u>5-9:45</u>
Ice Breaker LR     Ice Breaker LR     Ice Breaker LR     Ice Breaker LR	
9:45-12:45 **Returning Group**  9:45-10:45 Wellness Wednesday114  9:45-10:45 Tai Chi 107 /OS  10:00-11:00 Coping Ski	5 ills 108
Reach Volleyball F (4) 914 7460 2722   Gardening OS   Looking Good-Feeling   10.00-12.6	
Location 17th & PCH 10:00-11:00 9:45-11:00   9:45-11:15   OFF Campus Sport 10:00-11:20   Jewelry De	esign 113
Al-Anon Meeting 107 824 5047 2205 Activities-Grijalva Park Cooking K 10:00-11:0	<u>00</u>
Walk & Talk OS   10:00-11:30   9:45-11:15   10:00-11:00   10:00-11:30   Alliance 1	14
UFF Campus Sport Art Workshop 113 Healthy Living 114 Glass Arts/Mosaics 113	
Mindful Meditation 111 Walk & Talk OS DRSA 108	<u>80-4:00</u>
Argument 100 (II) Watercolors 113   10:00-11:00   (H) 852 7154 9027   11:00-11:30   Social	Outing F CMA
847 7808 6908 10:00-1:00 (H) 836 0460 9371 10:00-3:00 11:00-12:00	int Laurent 📗
10:00-12:00 Stay Fit Friday 10 // OS	ibition
11.00 12.00	
Break through the Music Academy 108 (H) 844 3176 0396 Open Discussion 107 Sports & Talk 108	<u>00</u> ment 108
Barriers of Trauma 108 (H) 885 0804 0727   12:00-1:00   Brain Health 114   12:00-1:00   (H) 867 75	506 1248
Music Appreciation 114   11:00-12:00   Social Line 28 (19)   11:00-12:00   (H) 841 4238 8927   823 6633 6837	
$103^{107}$   DBSA 111   $12.00-3.00$   $12.00-1.00$   $\frac{11.00-2.00}{1.00}$   $11.3$	30-3:3 <u>0</u>
T2:00-1:00   Karaoke 107   Volunteerism F   Social Time LR   Balance & Boundaries 108   Matine	ee Movies
823 6633 6837   12:00-1:00   Beach Clean Up   12:00-3:00   Auto-Empoderamiento 114   at AMC	30 at the
1:00-2:00 ASL Sign Language 108 Reach Clean IIn 1:20-2:20	at Orange
Healthy Polationships 100 Self Empowerment 111 Young Adult Group Proparing for WCC as	<u>leaves</u> t 11:45+-
(H) 840 3417 3056 (H) 895 9260 2224 the Future 107 1:30-3:30 2:00-3:00 Box Office	ce 12:00+ -
1400 m 040 c000 2c04   <del>1100 = 100</del>	<u> Pick -3:30+-</u>
Communication 111 Jewelry Design 113 Aft Fair Men's Group 111	
1:00-1:00   WRAP 114 (H)   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:00-1:00   12:0	0
1.20 2.00   2:00-3:30   052 /120 5020   **Now Croup**	ne Day 108 071 6338
Cooking K Glass Arts/Mosaics 113 2:30-3:30 Best Presenting Self 114 Best Presenting Self 114	
2:15-3:15   2:00-4:00   2:00-4:00   2:00-4:00	4
Coping Skins 100 Downing at concourse 1 Chess Club 114 Science at 100 NAMI Con	nection 108 384 8811
Chess Club 114	Acrylics 113
a =   \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Acrylics 113 Finema LR
Game Time 114 3:30-4:30   Drumming 111   Open Art Class 113   3:15-4:15   Bingo 114	00
(H)=Hybrid Chess Club 114 Relaciones Saludables 108 Journaling y Escritura 107 NA Open Meeting 111 Tea Time K  Social Shills 109 NA Open Meeting 111 Sci00-8:00 Social Hour	Games 107
Group is   Social Skills 108   (H) 836 0460 9371   LR, 113, 108   Super Bingo!   Super Bingo!   Anime/Japanese   Anime/Japanese	
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## **Wellness Center Central July 2024**

Monday

**29** 9:15-9:45

Ice Breaker LR

9:45-12:45 \*\*Returning Group\*\*

**Location 17th & PCH** 

Mindful Meditation 111

Anonymous 108 (H)

**Iewelry Design 113** 

**Barriers of Trauma 108** (H) 816 7681 1961

**Music Appreciation 114** 

Break through the

Social Time LR (H)

**Relationships 108** (H) 840 3417 3056

**Communication 111** 

**Healing With Art 113** 

Coping Skills 108

Game Time 114

Social Anxiety 111

823 6633 6837

Beach Volleyball F

**Huntington Beach** 

10:00-10:30 Walk & Talk OS

10:00-11:00

**Dual Recovery** 

847 7808 6908

10:00-12:00

11:00-12:00

Yoga 107

12:00-1:00

1:00-2:00

Healthy

Effective

1:00-2:30

1:30-3:00

Cooking K

2:15-3:15

3:30-4:30 **DRSA 108** 

Calendar is subject to change. Translators available upon request.

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

Hours of Operation Monday-Thursday & Saturday 9:00am-5:00pm Friday 9:00am-8:00pm

### Wednesday -Tuesday **31** 9:15-9:45 **30** 9:15-9:45 Ice Breaker LR Ice Breaker LR

9:45-10:45 Eat Well, Live Well 114 (H) 814 7469 2733

10:00-11:00 Al-Anon Meeting 107

10:00-11:30 **OFF Campus Sport** Activities-Grijalva Park

10:00-12:00 Watercolors 113

10:00-1:00 Volunteerism F **Gold Coast Farms** 

10:3<u>0-12:00</u> Music Academy 108 (H) 885 0804 0727

11:00-12:00 Schizophrenia Alliance 114 **DBSA** 111 Karaoke 107

12:00-1:00 Social Time LR

1:00-2:00 Self Empowerment 111 (H) 895 9260 2224

**Time Travel with Terry** 108 (H) 818 6899 2601

1:30-2:30 **Beginning Computer 109** 

2:00-3:30 **Glass Arts/Mosaics 113** 

2:00-4:00 **Bowling at Concourse F** 

2:15-3:15 **Anger Management 108** (H) 897 1661 6727

3:30-4:30 Chess Club 114 Relaciones Saludables 108

9:45-10:45 Wellness Wednesday114 Gardening OS

9:45-11:00 NAMI Connection 108 (H) 824 5047 2205

9:45-11:15 Art Workshop 113

<u>10:00-10:30</u> Walk & Talk OS

10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371

\*\*Nuevo Tiempo\*\* Grupo de Apovo 107

Community Meeting LR (H) 844 3176 0396

12:00-1:00 Social Time LR (H) 823 6633 6837

12:00-3:00 Volunteerism F Beach Clean Up

1:00-2:00 ASL Sign Language 108 Young Adult Group Preparing for the Future 107

1:00-2:30 Jewelry Design 113 Úke'N'Feel Better 111 WRAP 114 (H) 832 7126 3020

2:30-3:30 Bingo 107 2:30-4:00

Chess Club 114 Crochet 113

3:00-4:30 West African **Drumming 111** 

3:30-4:30 Journaling y Escritura 107 Social Skills 108



# CAMP PLANNING MEETING



Saturday(s), July 6 & 20, 2024 03:00 PM

Wellness Center Central 401 S Tustin St., Orange

> OR attend on Zoom: Meeting ID: 820 9715 8725 Passcode: MRC

Questions? info@communitycamp.org

Please view our BLOG at www.wellnesscenteroc.com for fun, informative ideas and resources. If you have suggestions, comments, or blogs to contribute, please email Sohail.Eftekharzadeh@pathways.com

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### **Group Descriptions**

Emotional Groups: Designed to aid our members with establishing their own ability to cope and understand themselves, while addressing overall member goals related to advocacy and recovery.

Anger Management-Members learn to utilize the tools needed to recognize, accept, and understand emotional feelings and physiological reactions anger causes, and how to respond effectively.

Art Groups-Come join any Art Group (see calendar) to learn to use art as a tool for self-expression & self-exploration & benefit from using art as a creative way to process feelings.

Balance and Boundaries-Members can explore steps to establishing and maintaining healthy boundaries.

Best Presenting Self-Learn in a safe place how to grow personally through introspection, create a growth mindset, etc. to develop one's best presenting self

Break through the Barriers of Trauma-takes a holistic (mind, body, soul, spirit) approach to overcoming trauma. This trauma-informed care class gives participants the recovery tools to be resilient. Coping Skills-Members learn techniques to better manage, and how to effectively cope with daily struggles in life.

DBSA (Depression, Bipolar Support Alliance)-DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders. Meets three times weekly

College & Career Pathways (Employment/Education)- Attend group; call for support and assistance—get help with locating hot job leads, resume help, interview tips and much more. If you've been thinking about going back to school, or are curious if you should go back, WCC staff will assist and guide you through the process and provide information about school related materials. Members are encouraged to speak to our facilitators and/or Employment/Education Specialist anytime.

Grupo de Apoyo-Para miembros de habla hispana (support group in Spanish)

Healthy Relationships-Members explore different types of relationships and how to engage in healthy relationships.

Relaciones Saludables-(Healthy Relationships in Spanish) Los miembros exploran diferentes tiopos de relanciones y como entablar relaciones saludables.

Jewelry Design-Members learn about beading and making different kinds of jewelry such as necklace and bracelets.

Job Club-Provides ongoing motivation and group support while reinforcing and improving job-seeking skills.

LGBTIQ+ Closed Group (allies welcome-please see staff)-Share and Care Support group giving open-minded, helpful, safe and kind environment and atmosphere for LGBTQ+ community to discuss their successes and concerns exclusive of outside influence.

Men's Group-This group is an open forum to share ideas, concerns, and solutions specific to men.

Glass Arts/Mosaics- In these classes members practice forms of glass art including stained glass and mosaics.

NAMI Connection-recovery support group for adults living with mental illness. Learn from sharing experiences & coping strategies in a positive and supportive environment. Meets twice weekly.

Poetry- Join fellow members to read and learn poetry and incorporate it in your recovery journey.

Positive Thinking-Members will have the opportunity to review positive quote from famous people and discuss how these quotes can be applied to daily lives.

Rock'n'Roll-Choir-Come join in to learn & sing fun/popular songs sharing music in recovery together; bring your own instrument if you can. All experience levels welcome!

Schizophrenia Alliance- join us to learn about and discuss schizophrenia and related schizoaffective disorders and diagnosis for better understanding, learn the six steps for recovery and how we can diffuse stigmas and fears and offer support in recovery and wellness. Meets twice a week.

Self-Empowerment- Members have an opportunity to discuss many practical coping skills and tools which lead to self-empowerment as they recognize their own role in the recovery process. Social Anxiety Support Group- In this group, we share our experiences with social anxiety and ways to cope with it, do some role playing to challenge ourselves while having some fun and read over some material related to social anxiety, and discuss. Open to people with any anxiety about anything!

Sports & Talk-Discussion about mental health wellness, exercise, self-empowerment & being part of a community as a coping skill in our recovery.

Women's Group- This group is an open forum to share ideas, concern, and solutions specific to women.

Watercolors- Learn water color and graphite techniques from a fellow member.

Young Adult Group-Preparing for the Future: For members aged 18 to 26—Come discuss hopes & dreams for the future & how to plan.

Physical Groups: Designed to promote the ability to strive for and achieve a healthy quality of life, while addressing overall member goals related to physical health, nutrition, and overall well-being. Brain Health- This group discusses ways to improve one's memory and introduces practical memory techniques, overall health of the brain and what science newly discovers on brain health.

Campus Sports Activities-join fellow members and staff for friendly games of ... Basketball- Members practice basketball techniques and learn to play a team sport on a half court located on the Wellness Center campus, Horseshoes- Members practice throwing horseshoes on a half court located on the Wellness Center campus and Volley Ball- Members practice volleyball skills and learn to play a team sport off campus at a local park and/or Huntington Beach.

Cooking Classes- Make and share a meal with fellow members! We learn budget menus, special diets, and some gourmet meals too. Bring a recipe to share if you have a favorite.

Healthy Living- Members learn different steps, actions and strategies one puts in place to achieve optimum health.

Gardening-This class integrates the "garden" into our human culture and civilization. This class teaches members about gardening, agriculture, and how to take care of our natural resources.

Juicing- Members learn about juicing of fruit and vegetables and its health benefits.

Laughter Yoga demonstrates using breath and voluntary laughter giving the same physiological & psychological benefits as spontaneous laughter.

Tai Chi- Eastern exercise, using breath and slow movement to build energy and strength. Daily practice helpful for self-defense.

Walk & Talk-Stroll around the WCC campus and/or to the bike trail along the nearby creek while chatting with fellow members and staff. Meets two times a week.

Yoga- Members learn basic & intermediate yoga to create balance in the body through developing strength & flexibility. All are welcome, beginners thru advanced.

Spiritual Groups: Designed to assist members with finding their own personal peace and tranquility while addressing overall member goals related to values and wellness:

AA Open Meeting (Alcoholics Anonymous)-This 12-Step meeting uses a traditional 12 steps model that has been expanded and developed for people with varied substance abuse issues. It provides support and social networking through community involvement while recovering from substance and alcohol abuse/dependence.

**Dual Recovery Anonymous-**This 12-Step group provides support and social networking through community involvement while recovering from mental illness and other issues such as substance abuse/dependence.

Enlightenment-Members share moments in life that helped them gain wisdom, spiritual achievements, and physical progress. All are encouraged to discuss personal Ah-ha moments.

Mindful Meditation & Mindfuln ess-These classes help to increase awareness of oneself through spiritual exercises like breathing, meditation and mindfulness practices.

NA (Narcotics Anonymous) Open meeting—With the 12 Steps, assists with finding the freedom to live your life without the use of drugs. NA is a fellowship of men and women for whom drugs have become a major problem.

Resilience- Learn the ability to bounce back, recover, develop a stronger capacity to respond to adversity and even build inner strength and boost confidence in many areas of life.

Sounds With Ar'rell-Come meditate with resonant, immersive sounds to help relax, let go of stress, anxiety & other worries & concerns.

West African Drumming-Members learn the history of drums from the West African Region while practicing rhythms that have specific meanings. The drums are authentic West African drums. WRAP (Wellness Recovery Action Plan)-Learn to identify what keeps us well, and then use your own Wellness Tools to relieve difficult feelings and maintain wellness and a higher quality of life. Social Groups: Designed to provide our members with the opportunity to establish and maintain healthy, positive and lasting relationships with their friends and families while addressing overall member goals. Some groups are indoor or outdoor recreation and/or community involvement.

Ambassador Meeting/PPSP- WCC Peer Partner Support Program & Ambassador Program for members who wish to share the recovery they have experienced to assist & support other members. Beginning Computer-An introduction to all things computers, from hardware to software. Open to all levels of proficiency and covers internet browsing and e-mail as well.

Bingo & Super Bingo- Members enjoy the game of B I N G O!!!!! Enjoy spending time with fellow members playing a fun game!

Join Us For Coffee-Come with us to spend a little time chatting and enjoying a quick meal.

Chat With MAB-Spend a little time with your Member Advisory Board members and staff to give feedback and suggestions.

Chess Club- Join other members and staff to build your chess playing skills and strategies each week or learn the game from some experienced players.

Community Meeting- This important weekly meeting is for all members to learn more about the Center as they get updates on the center, different activities and groups, and events that are going on in the community. Members also get to meet the staff and interact with them.

Karaoke-Members share their love for singing and connect with others through music. No singing skills required.

Life Hacks-Tips, tricks and short cuts to make life easier. Join us to chat and share about ways to make life simpler!

Matinee Movie/In House Cinema-Members enjoy watching movies both in the community and at the center. Members are encouraged to discuss their thoughts about these movies afterwards.

Music Academy-High quality, fun and personalized vocal and guitar lessons from an experienced professional! You may bring your own guitar if you have one.

Open Discussion-This group provides support for members to help them through their recovery, self-esteem, confidence, etc. It is also a group that discuss various subjects.

Social Hour-This group provides a great opportunity for members to come out and socialize with others through Karaoke, Wii Sports, Bingo and other games.

Social Outing-This group offers an opportunity for members to go to local venues in the community to learn about history, art, special places, try something different, get out and have some fun.

Social Time-this daily group is a time to practice good social skills while having some fun playing games, guessing trivia and riddles and sharpening memory.

Tea Time- Members enjoy a traditional Tea Ceremony, learning the history of tea, the benefits of drinking tea while relaxing and socializing with one another.

Time Travel with Terry-Learn about History from a knowledgeable historian. Hear the history of locations and events and how they have

Volunteerism-This group offers unique opportunities to serve others and the community. It teaches how to give back as it is an important part of recovery.