

Wellness Center Central

November 2025

Calendar is subject to change. Translators available upon request.

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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

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 would include: answering incoming calls, assist with making copies, faxing, and other clerical tasks.

Maintenance Team

This includes: routine cleaning and inspection of building interior and exterior, kitchen monitor, sweeping, dust cleaning, 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.

Also Available:

Mock Interview and Work Stress Management

Please contact Jason Stentz (949) 406-9687

or see any staff member for more information.

This is your time to SHINE!



Join us for a new group!

EMOTIONAL WELLNESS

*Where members are welcome to
talk about types of emotions
and how to manage them.*

Thursdays
2:00 pm - 2:50 pm
Room 111



PATHWAYS TO RECOVERY

*We are all unique and as such, we
are working toward our own recovery,
at our own pace. Discover the
many Pathways to Recovery.*

Tuesdays
3:30 pm - 4:20 pm
Room 111

Saturday

1 9:15-9:45
Ice Breaker/Work Order Day Check-In LR

9:45-10:35
Coping Skills 108

10:00-10:50
Schizophrenia Alliance 114

10:00-11:50
Jewelry Design 113

11:00-4:00
Social Outing F
Noche De Altares
Celebration—
Santa Ana

11:00-11:50
Enlightenment 108

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

12:00-12:50
Positive Thinking 108

12:00-1:20
Golf Card Game 107

1:00-1:50
Poetry 114
NAMI Connection 108
(H) 825 2384 8811

2:15-4:15
Art Workshop 113
Social Hour:
In House Cinema LR
Bingo 114
Karaoke 108
Fun With Games 107

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MAB Agenda Mtg. 11/14/2025 11:00-11:30am ~~~~~ MAB Mtg. 114 11/21/2025 11:00-12:30 ~~~~~ Closed Groups		(H)=Hybrid Zoom/Onsite Group is online/onsite			

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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.

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.

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

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

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

LGBTIQ+ Closed Group—Support group giving open-minded, helpful, safe and kind environment and atmosphere for LGBTQ+ community to discuss their successes and concerns.

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

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.

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!

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.*

Campus Sports Activities-join fellow members and staff for friendly games.

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.

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.

Mind Meditation & Mindfulness-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.

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- 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.

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.

Mock Interview—**You will learn the necessary skills to be successful in a job interview and you will get to practice those skills in real time. We're here to help!**

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.