

July 2025



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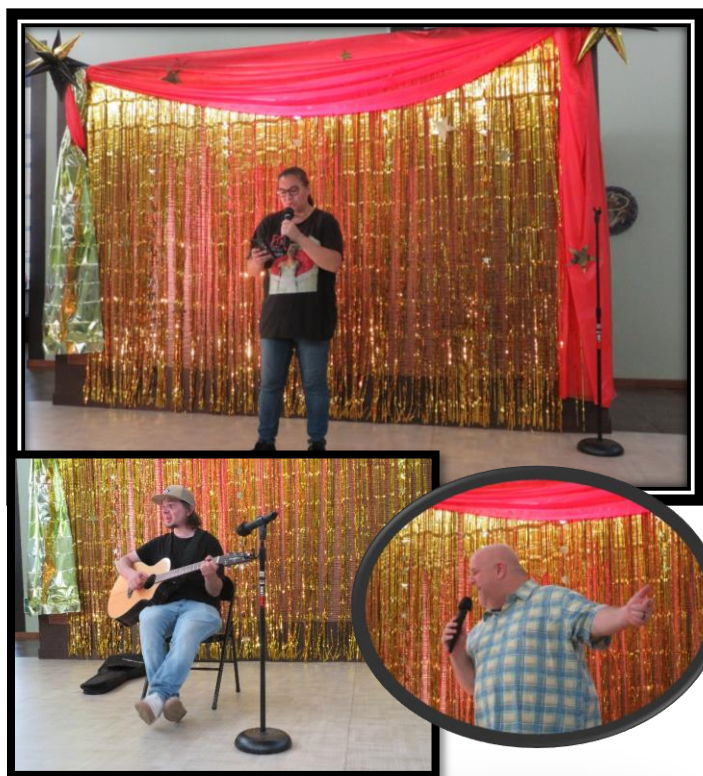
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WCC UPCOMING EVENTS

- WCC will present MSHA Calendar Art Fair on Thursday, July 31st, 2025. If you are interested in showcasing your arts, crafts, sculpture, ceramics, or written art, please fill out an entry form by July 21st, 2025. Registration forms are available at WCC front desk and on our website. For more info, call 714-361-4860.
- WCC Annual Multi-Cultural Celebration will be on Friday, August 15th, 2025. The Multi-cultural event is to celebrate diversity, cultures, and traditions. For more information about the event, please call 714-361-4860.



WCC ANNUAL TALENT SHOWCASE

IN APRIL WE CELEBRATED OUR MEMBERS TALENTS

Wellness Center Central had a Talent Showcase event on April 12th, 2025. The talent show provides members the opportunity to present their skills and show their passion.

Over 45 members attended the event. Members performed their amazing talents such as singing, playing guitar and piano, poetry, and dancing. It was a marvelous event full of joy and happiness. We appreciate the brave members who decided to perform their talents for others.



WCC ANNUAL MEMBER APPRECIATION CARNIVAL

CELEBRATION OF RECOVERY

WCC celebrated the annual Member Appreciation Carnival on May 30th, 2025. This event allows us to show our appreciation for our members commitment in coming to WCC to work on their recovery.

We had many fun games such as Hit the Bucket, Can Toss, Rolling Ball, and sports games for members to enjoy playing and win tickets to exchange for wonderful prizes. Moreover, we had live music performance, food from The Habit, beverages, and cookies!

Over 100 members attended the carnival and had an amazing time. We are very proud of our members because they are very resilient in working on their recovery.



♥️ **MEMBER** ♥️
APPRECIATION
♥️ **DAY** ♥️



A couple of our WCC Staff Members, Dan Verdugo and Rose Larson were invited to participate in a panel.



MEETING OF THE MINDS

COMMUNITY EMPOWERMENT EVENT

Wellness Center Central was part of the 2025 Meeting of the Minds Mental Health Conference held on April 25 at the Anaheim Marriott Hotel. It marked a significant gathering with professionals and advocates in the mental health field hosted by Mental Health America of Orange County (MHAOC). The 31st annual event brought together over 700+ diverse attendees to engage in meaningful discussions and workshops focused on mental health awareness and support.

THIS IS HOW I FEEL

A SUCCESS STORY BY KENZY S.

This how I feel during my off times.

I feel empty, stressed, confused, lost, helpless, worthless, pointless, out of place, lost my place, jobless or homeless, messy, having unhealthy habits, dissociated, trapped, terrible, sleepy or depressed where I just want to give up completely and be done with what I enjoy in my life time and what kept me going for all these years.

I admitted myself to the hospital two years ago in spring and either gave myself another chance to be with people and start over or forget about it and stick with the person who done me wrong. I choose to live better and give myself a second chance. I prefer to smell the roses in the morning, fruits, vegetables, good Hispanic food, some spices, soap, smell the fresh good candles, touch the grass, fresh baked goods and seeing my beloved lizard is enough.

Overall, I have dealt with negative thoughts.

I always come to the Wellness Center Central to not only take a break, but also to socialize with other people by joining in more socialization groups, whether it is social skills, social hour, volunteer work or simply Saturday trips. I always continue traveling no matter what. The day never waits for you and you should not wait for it either.





This is my story

THE WHOLE NEW WORLD

A SUCCESS STORY BY VICTORIA B.

I came to this new world meaning WCC not knowing what this world would hold for me. I wasn't sure of the place but I was wrong. The outcome was fantastic and beyond great.

I found that this place is the best thing that ever happened to me in my life. I knew I was hurting a lot from the past trauma but WCC was my recovery from the trauma and pain. I called WCC my new world because definitely it is. WCC is a world that highlights the move away from a destructive behavior into a path of recovery and positive change. It symbolizes the breaking free from everything and disappointments that leads to the beginning of a new chapter. WCC gave me a discovery of a life filled with new opportunities, experiences, and relationships. It's a time of exploration and growth, as individuals learn to live without the reliance on others or unhealthy coping mechanism.

WCC is a whole new world that can also signify the profound emotional and mental shifts that accompany recovery, individuals may experience a new perspective on themselves, their relationships, and the world around them, as they develop new skills and coping mechanisms. Ultimately, WCC in recovery represents the hope for a brighter future and the potential for significant personal growth. It encourages individuals to embrace the new life they are creating and to find joy and purpose in their journey. As a member I found the joy, the purpose, and the excitement coming to WCC. I was counting the hours and the days to be there and sometimes I get angry with my ride for not picking me up on time and dropping me off early to start my day at WCC and explore and learn new opportunities and skills. A big thanks to Sohail for having such an amazing place for us for our recovery and for accepting me as a member.

Thanks to the staff for accepting me and helping me and encouraging me and supporting me through the hard days and recovery. I couldn't do it without you all. I can't repay you for all the hard work towards me. Thank you, Freddy, for the journaling group. I didn't know that I can write beautifully and express my care and concern about me. Thank you, Shig, for putting up with me about my negativity and changing that to positive energy, thank you for your help and support, thank you for listening to me without judgement. Thank you to all my friends who I love to see and enjoy my day with. Thank you to all the staff for their hard work and for my friends who I feel lost without them and the staff who brighten my day.

Thank you Wellness Center Central

Love you all.

