

Wellness Center Central

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

Remote Tele-Groups **May** 18 to 22, 2020
**Calendar is subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday	
18 <u>9:45-10:45</u> Dual Recovery Anonymous Meeting Number: 924 339 886 <u>9:45-10:45</u> Let's Get Moving: Exercise Meeting Number: 920 587 303 <u>11:15-12:15</u> Social Time Meeting Number: 929 106 584 <u>12:45-1:45</u> Meditation: Guided Imagery Meeting Number: 928 944 360 <u>2:15-3:15</u> Healthy Relationships Meeting Number: 924 652 716 <u>2:15-3:15</u> Coping With Anxiety Meeting Number: 926 492 321 <u>3:30-4:30</u> Better Days Meeting Number: 928 705 276	19 <u>9:45-11:15</u> Depression Bipolar Support Alliance Meeting Number: 928 306 060 <u>9:45-10:45</u> Employment/ Education Supports Meeting Number: 927 306 557 <u>11:15-12:15</u> Social Time Meeting Number: 929 106 584 <u>12:45-1:45</u> Topic of the Day Meeting Number: 922 314 819 <u>2:15-3:15</u> Alcoholics Anonymous Open Meeting Meeting Number: 925 547 538 <u>2:15-3:15</u> Nutrition 101 Meeting Number: 921 496 529 <u>3:45-4:45</u> Choir Meeting Number: 923 420 552	20 <u>9:45-11:15</u> NAMI Connection Meeting Number: 924 913 007 <u>9:45-10:45</u> Gabbin' & Art Meeting Number: 922 220 677 <u>11:15-12:15</u> Community Meeting Meeting Number: 923 885 677 <u>12:45-1:45</u> WRAP Meeting Number: 926 223 740 <u>2:15-3:15</u> Goal Setting Meeting Number: 928 722 236 <u>2:15-3:15</u> PPSP/ Ambassador Meeting Meeting Number: 925 337 139 <u>3:45-4:45</u> Poetry Meeting Number: 924 787 038	21 <u>9:45-10:45</u> Healthy Living Meeting Number: 922 972 100 <u>9:45-10:45</u> LGBTQ+ Support (Closed Group) Meeting Number: 926 513 049 <u>11:15-12:15</u> Social Time Meeting Number: 929 106 584 <u>12:45-1:45</u> Open Discussion Meeting Number: 922 076 586 <u>12:45-1:45</u> Social Circle Meeting Number: 920 171 762 <u>2:00-3:00</u> Chat with the Director Meeting Number: 923 797 941 <u>2:15-3:15</u> Al-Anon Meeting Number: 925 711 574 <u>3:15-4:45</u> DBSA Meeting Number: 921 290 994	22 <u>9:45-10:45</u> Women's Group Meeting Number: 928 064 541 <u>9:45-10:45</u> Men's Group Meeting Number: 929 721 558 <u>11:15-12:15</u> Social Time Meeting Number: 929 106 584 <u>12:45-1:45</u> Positive Thinking Meeting Number: 923 915 446 <u>12:45-1:45</u> Enlightenment Meeting Number: 925 951 776 <u>2:15-3:15</u> Self Empowerment Meeting Number: 924 672 616 <u>3:45-4:45</u> Comedy/Social Hour Meeting Number: 926 625 728	<p>Join us for our WebEx online groups and encourage your fellow members to join us too! Together we will maintain our well-being!</p> <p>For all groups, please call 415-655-0003 & enter the meeting number when prompted.</p> <p>If you'd like to access groups via computer, please log on to WebEx.com & enter the meeting number under the join tab.</p> <p>Questions? Call us at 714-361-4860 and we can help you access the group.</p>
***** Please note ***** The start & end times of most groups are on the quarter hour in order to ease internet traffic & aide in logging and/or calling into our WebEx Groups.					
<div>Please view our BLOG for fun, informative ideas and resources. If you have any suggestions, comments, or blogs to contribute, please email them to Sohail.Eftekharzadeh@pathways.com</div>					
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COLLEGE COMMUNITY SERVICE
WELLNESS CENTER CENTRAL



401 S. Tustin St., Bldg C Orange, CA 92866 Phone: 714-361-4860 Fax: 714-361-4861

Online Group Session Social Agreements

Please note – Facilitators will have to interrupt to welcome callers to get name & member # when they call in.

1. We will respect confidentiality. What's said here, stays here.
2. We will show respect for each other. This covers everything.
3. We will attempt to minimize background noise. Please mute your phone and/or computer when not sharing.
4. We will give our attention to the person who is speaking and wait our turn to contribute. We will be kind when new people call in.
5. We will say our name when we wish to share, minimizing interruption.
6. We will stay on the topic – or know that we will be gently guided back to the subject at hand.
7. We will allow everyone a chance to participate.
8. We will remain silent if we cannot speak positively.
9. Noncompliance with these Social Agreements may result in being asked to leave the group meeting.

Please let us know if you have started any new classes, volunteering, or employment at the beginning or end of any class.