

Wellness Center Central

December 2021

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

Community Meeting
Every Wednesday
10:55 am to 11:55 am
Please Join Us!!

~*~*~*~*~*~*~*~*~*

Employment Support By Appointment

To consult with our Employment Specialist

Janice, please call
(949) 406-9687
9am-5pm



WELLNESS CENTER CENTRAL INVITES YOU TO A

MERRY

LITTLE

Holiday

LUNCH

WHEN: Thursday, December 16th, 2021

TIME: 12pm-2pm

WHERE: Wellness Center Central
401 S. Tustin St. Bldg. C, Orange, CA 92866

RSVP BY: Friday, December 10th, 2021

Call (714) 361-4860 if you have any questions.



Funded by OC Health Care Agency:
Behavioral Health Services
Mental Health Services Act/Prop 63

Translators available upon request in:
Spanish, Vietnamese, Farsi, Chinese and Korean

Education Support By Appointment

If you are interested in returning to school,

Please call William at (714) 361-4860
9am-5pm

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		Wednesday	Thursday	Friday	Saturday
		1 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Goal Setting 114 Gardening OS NAMI Connection 108(H) 824 5047 2205 <u>9:45-11:15</u> Art Workshop 113 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <u>10:55-11:55</u> Community Meeting LR Hybrid-Zoom/Onsite 830 4709 0440 </div>	2 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Enlightenment 108 Diversity 114 <u>10:00-11:00</u> Healthy Living 107(H) 841 6593 6409 <u>10:55-11:55</u> Self-Empowerment 108 Brain Health 114 <u>12:00-1:00</u> Social Time LR <u>1:00-2:00</u> Education Support 114 <u>1:00-2:30</u> Music Academy 108 (H) 885 0804 0727 <u>2:00-3:30</u> Open Art Class 113 <u>2:15-3:15</u> Resilience 114 <u>3:15-4:30</u> Depression Bipolar Support Alliance 108(H) 874 1407 2502 <u>3:25-4:25</u> NA Open Meeting 113 Poetry 114	3 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Social Anxiety 108 <u>9:45-11:15</u> Cooking K <u>10:00-11:30</u> Arts & Crafts 113 <u>10:55-11:55</u> LGBTQ+(Closed Group)114 Looking Good-Feeling Good 108 <u>12:00-1:00</u> Social Time LR (H) 869 0615 4927 <u>1:00-2:00</u> Mosaics 113 Chat With MAB 114 <u>2:15-3:15</u> Women's Group 114 (H) 875 7924 1408 Men's Group 108 (H) 827 3339 4133 Balance & Boundaries 111 <u>3:25-4:25</u> Social Circle 108 Chess Club 114 <u>3:30-5:00</u> Tea Time K <u>5:00-8:00</u> Social Hour LR, 113, 108	4 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Coping Skills 108 <u>10:00-12:00</u> Jewelry Design 113 <u>10:30-12:30</u> Choir 107 (H) 857 3185 8460 <u>10:55-11:55</u> Schizophrenia Alliance 108 <u>12:00-1:00</u> Topic of the Day 108 (H) 810 607 16338 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <u>12:30-1:30</u> Matinee Movies at AMC 30 at the Outlets at Orange </div> <u>1:00-2:00</u> NAMI Connection 108 (H) 825 2384 8811 <u>2:15-4:25</u> Art Workshop 113 Movie Club LR Bingo 114
					
 <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Have A Look!</p> <p>Please view our BLOG at www.wellnesscenteroc.com for fun, informative ideas and re- sources.</p> <p>If you have any suggestions, comments, or blogs to contribute, please email them to Sohail.Eftekhazadeh@pathways.com</p> </div>					

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<p>(H)=Hybrid Zoom/Onsite Group is online/onsite</p>					

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