

Wellness Center Central

Remote Tele-Groups **September** 2020

**Calendar is subject to change*

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

Monday	Tuesday	Wednesday	Thursday	Friday	
***** <i>Employment Support</i> ***** <i>By Appointment</i> ~~~~~ <i>To consult with our Employment Specialist Janice, please call (657)222-5161</i> ~~~~~	1 <u>9:45-11:15</u> Depression Bipolar Support Alliance Mtg # 928 306 060 <u>9:45-10:45</u> Education Supports Mtg # 927 306 557 <u>11:15-12:15</u> Schizophrenia Alliance Mtg # 145 306 1246 <u>12:45-1:45</u> Let's Get Moving: Exercise Mtg # 920 587 303 <u>12:45-1:45</u> Chess Club Mtg # 145 589 7650 <u>2:15-3:15</u> Alcoholics Anonymous Open Meeting Mtg # 925 547 538 <u>2:15-3:15</u> Nutrition 101 Mtg # 921 496 529 <u>**New Start Time**</u> <u>3:30-4:45</u> Choir Mtg # 923 420 552	2 <u>9:45-11:15</u> NAMI Connection Mtg # 924 913 007 <u>9:45-10:45</u> Member Art Expo Mtg # 922 220 677 <u>11:15-12:15</u> Community Meeting Mtg # 923 885 677 <u>12:45-1:45</u> Journaling Mtg # 145 381 0073 <u>12:45-1:45</u> WRAP Mtg # 926 223 740 <u>2:15-3:15</u> Goal Setting Mtg # 928 722 236 <u>2:15-3:15</u> PPSP/ Ambassador Meeting Mtg # 925 337 139 <u>3:45-4:45</u> Brain Health Mtg # 145 597 6558 <u>3:45-4:45</u> Poetry Mtg # 924 787 038	3 <u>9:45-10:45</u> Healthy Living Mtg # 922 972 100 <u>9:45-10:45</u> LGBTQ+ Support (Closed Group) Mtg # 926 513 049 <u>11:15-12:15</u> Fundamentals of Drawing Mtg # 145 999 4165 <u>12:45-1:45</u> Open Discussion Mtg # 922 076 586 <u>12:45-1:45</u> Social Circle Mtg # 920 171 762 <u>2:00-3:00</u> Chat with the Director Mtg # 923 797 941 <u>2:15-3:15</u> Al-Anon Mtg # 925 711 574 <u>3:15-4:45</u> Depression Bipolar Support Alliance Mtg # 921 290 994	4 <u>9:45-10:45</u> Women's Group Mtg # 928 064 541 <u>9:45-10:45</u> Men's Group Mtg # 929 721 558 <u>11:15-12:15</u> Social Time Mtg # 929 106 584 <u>12:45-1:45</u> Positive Thinking Mtg # 923 915 446 <u>12:45-1:45</u> Enlightenment Mtg # 925 951 776 <u>2:00-3:00</u> Relapse Prevention Mtg # 145 293 8713 <u>2:15-3:15</u> Self Empowerment Mtg # 924 672 616 <u>**New Time**</u> <u>3:30-4:30</u> Social Hour Mtg # 926 625 728	Groups Continuing this month ~~~~~ <i>Gardening</i> <i>Yoga</i> <i>Curiosity Topics</i> <i>Schizophrenia Alliance</i> <i>Cooking</i> <i>Chess Club</i> <i>American History</i> <i>Fundamentals of Drawing</i> <i>Fundamentals of Painting</i> <i>Music Academy</i>

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7 ***** CLOSED For Labor Day  Have a SAFE and FUN Holiday Weekend!! *****	8 <u>9:45-11:15</u> Depression Bipolar Support Alliance Mtg # 928 306 060 <u>9:45-10:45</u> Education Supports Mtg # 927 306 557 <u>11:15-12:15</u> Schizophrenia Alliance Mtg # 145 306 1246 <u>12:45-1:45</u> Let's Get Moving: Exercise Mtg # 920 587 303 <u>12:45-1:45</u> American History Mtg # 145 806 5050 <u>2:15-3:15</u> Alcoholics Anonymous Open Meeting Mtg # 925 547 538 <u>2:15-3:15</u> Nutrition 101 Mtg # 921 496 529 **New Start Time** <u>3:30-4:45</u> Choir Mtg # 923 420 552	9 <u>9:45-11:15</u> NAMI Connection Mtg # 924 913 007 <u>9:45-10:45</u> Member Art Expo Mtg # 922 220 677 <u>11:15-12:15</u> Community Meeting Mtg # 923 885 677 <u>12:45-1:45</u> Journaling Mtg # 145 381 0073 <u>12:45-1:45</u> WRAP Mtg # 926 223 740 <u>2:15-3:15</u> Goal Setting Mtg # 928 722 236 <u>2:15-3:15</u> Cooking Mtg # 145 834 7997 <u>3:45-4:45</u> Brain Health Mtg # 145 597 6558 <u>3:45-4:45</u> Poetry Mtg # 924 787 038	10 <u>9:45-10:45</u> Healthy Living Mtg # 922 972 100 <u>9:45-10:45</u> LGBTQ+ Support (Closed Group) Mtg # 926 513 049 <u>11:15-12:15</u> Fundamentals of Painting Mtg # 145 125 7209 <u>11:15-12:15</u> Music Academy Mtg # 145 214 8937 <u>12:45-1:45</u> Open Discussion Mtg # 922 076 586 <u>12:45-1:45</u> Social Circle Mtg # 920 171 762 <u>2:00-3:00</u> Chat with the Director Mtg # 923 797 941 <u>2:15-3:15</u> Al-Anon Mtg # 925 711 574 <u>3:15-4:45</u> Depression Bipolar Support Alliance Mtg # 921 290 994	11 <u>9:45-10:45</u> Women's Group Mtg # 928 064 541 <u>9:45-10:45</u> Men's Group Mtg # 929 721 558 <u>11:15-12:15</u> Social Time Mtg # 929 106 584 <u>12:45-1:45</u> Positive Thinking Mtg # 923 915 446 <u>12:45-1:45</u> Enlightenment Mtg # 925 951 776 <u>2:00-3:00</u> Relapse Prevention Mtg # 145 293 8713 <u>2:15-3:15</u> Self Empowerment Mtg # 924 672 616 **New Time** <u>3:30-4:30</u> Social Hour Mtg # 926 625 728	<i>PPSP/</i> <i>Ambassador</i> <i>Meeting</i> <i>Wednesdays</i> <i>September</i> <i>2nd</i> <i>16th</i> <i>&</i> <i>30th</i> <i>2:15 pm</i> <i>To</i> <i>3:15 pm</i>

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14 <u>9:45-10:45</u> Gardening Mtg # 145 642 9647 <u>9:45-10:45</u> Dual Recovery Anonymous Mtg # 924 339 886 <u>11:15-12:15</u> Social Time Mtg # 929 106 584 <u>11:15-12:15</u> Yoga Mtg # 145 956 6880 <u>12:45-1:45</u> Meditation: Guided Imagery Mtg # 928 944 360 <u>12:45-1:45</u> Curiosity Topics Mtg # 145 711 5206 <u>2:15-3:15</u> Healthy Relationships Mtg # 924 652 716 <u>2:15-3:15</u> Coping With Anxiety Mtg # 926 492 321 <u>3:30-4:30</u> Grief Support Mtg # 145 401 3521 <u>3:30-4:30</u> Better Days Mtg # 928 705 276	15 <u>9:45-11:15</u> Depression Bipolar Support Alliance Mtg # 928 306 060 <u>9:45-10:45</u> Education Supports Mtg # 927 306 557 <u>11:15-12:15</u> Schizophrenia Alliance Mtg # 145 306 1246 <u>12:45-1:45</u> Let's Get Moving: Exercise Mtg # 920 587 303 <u>12:45-1:45</u> Chess Club Mtg # 145 589 7650 <u>2:15-3:15</u> Alcoholics Anonymous Open Meeting Mtg # 925 547 538 <u>2:15-3:15</u> Nutrition 101 Mtg # 921 496 529 <u>**New Start Time**</u> <u>3:30-4:45</u> Choir Mtg # 923 420 552	16 <u>9:45-11:15</u> NAMI Connection Mtg # 924 913 007 <u>9:45-10:45</u> Member Art Expo Mtg # 922 220 677 <u>11:15-12:15</u> Community Meeting Mtg # 923 885 677 <u>12:45-1:45</u> Journaling Mtg # 145 381 0073 <u>12:45-1:45</u> WRAP Mtg # 926 223 740 <u>2:15-3:15</u> Goal Setting Mtg # 928 722 236 <u>2:15-3:15</u> PPSP/ Ambassador Meeting Mtg # 925 337 139 <u>3:45-4:45</u> Brain Health Mtg # 145 597 6558 <u>3:45-4:45</u> Poetry Mtg # 924 787 038	17 <u>9:45-10:45</u> Healthy Living Mtg # 922 972 100 <u>9:45-10:45</u> LGBTQ+ Support (Closed Group) Mtg # 926 513 049 <u>11:15-12:15</u> Fundamentals of Drawing Mtg # 145 999 4165 <u>12:45-1:45</u> Open Discussion Mtg # 922 076 586 <u>12:45-1:45</u> Social Circle Mtg # 920 171 762 <u>2:00-3:00</u> Chat with the Director Mtg # 923 797 941 <u>2:15-3:15</u> Al-Anon Mtg # 925 711 574 <u>3:15-4:45</u> Depression Bipolar Support Alliance Mtg # 921 290 994	18 <u>9:45-10:45</u> Women's Group Mtg # 928 064 541 <u>9:45-10:45</u> Men's Group Mtg # 929 721 558 <u>11:15-12:15</u> Social Time Mtg # 929 106 584 <u>12:45-1:45</u> Positive Thinking Mtg # 923 915 446 <u>12:45-1:45</u> Enlightenment Mtg # 925 951 776 <u>2:00-3:00</u> Relapse Prevention Mtg # 145 293 8713 <u>2:15-3:15</u> Self Empowerment Mtg # 924 672 616 <u>**New Time**</u> <u>3:30-4:30</u> Social Hour Mtg # 926 625 728	<i>Member</i> <i>Advisory</i> <i>Board</i> <i>Meeting</i> <i>(MAB)</i> <i>Friday</i> <i>9/18/2020</i> <i>11:00 am</i> <i>To</i> <i>12:30 pm</i>
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