

Wellness Center Central

Remote Tele-Groups July 2021

Calendar is subject to change. Translators available upon request

401 S. Tustin Street # C
Orange, CA 92866
Phone: (714)361-4860
www.wellnesscenteroc.com

Temporary Hours of Operation
Monday-Friday
9:00am-5:00pm

2021 Community Art Fair & Open House

WEDNESDAY JULY 28
1P.M.-3P.M.

A time of art, music, & light refreshments



**FEATURING: PAINTINGS,
DRAWINGS, MIXED-MEDIA, PRINTS,
PHOTOGRAPHY, CRAFTS,
SCULPTURE, CERAMICS,
WRITTEN ART & MUCH MORE!**

**FOR INFORMATION
PLEASE CONTACT:**

Sohail Eftekharzadeh — (714) 361-4860 or
Chloe McIntyre — chloe.mcintyre75@yahoo.com

DEADLINES

**ALL ART & ENTRY FORMS MUST BE RECEIVED BY
7/21/2021**

**ALL WRITING & ENTRY FORMS MUST BE
RECEIVED BY 7/16/2021**



WELLNESS • RECOVERY • RESILIENCE

Thursday

1

10:00-11:00

Healthy Living

841 6593 6409

11:15-12:15

Music Academy

885 0804 0727

2:00-3:00

**Fundamentals of
Painting**

812 0744 5423

3:15-4:30

**Depression Bipolar
Support Alliance**

874 1407 2502

Friday

2

9:45-10:45

****Returning Group****

Enlightenment

884 1330 9386

10:55-11:55

Social Time LR

Hybrid-Onsite/Zoom

869 061 54927

2:15-3:15

****New Time****

Hybrid-Onsite/Zoom

Women's Group

875 7924 1408

2:15-3:15

****New Time****

Hybrid-Onsite/Zoom

Men's Group

827 3339 4133

3:30-4:30

Social Hour

871 1223 3961

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

***Employment
Support By
Appointment***

***To consult
with our
Employment
Specialist
Janice, please
call***

(949) 406-9687

9am-5pm

***Education
Support By
Appointment***

***If you are
interested in
Returning to
school,***

***Please call
William at
(714) 714-5813
9am-5pm***

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Onsite Groups July 2021

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Friday 9:00am-8:00pm

Have A Look!

Please view our BLOG at
www.wellnesscenteroc.com
for fun, informative ideas
and resources.
If you have any suggestions,
comments, or blogs to
contribute, please email them to

~~~~~  
Sohail.Eftekharzadeh@pathways.com  
~~~~~

When you can't join us on-site, join our ZOOM online groups and encourage other members to join us too! Together we will maintain our well-being!

For Help with your Wellness Recovery Action Plan (WRAP)
~~~~~

*Please call Diana for Assistance at (626) 373-0157 9am-5pm*

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MAB Agenda Mtg.
7/15/2021
11:00-11:30
~~~~~

**MAB Mtg.**  
**7/16/2021**  
**11:00-12:30**  
~~~~~

Closed Groups
~~~~~

### Thursday

**1**

9:15-9:45  
Ice Breaker LR

9:45-10:45  
LGBTQ+ 114

9:45-10:45  
Enlightenment 108

10:55-11:55  
Self-Empowerment 108

10:55-11:55  
Steps To Success OS

10:55-11:55  
Brain Health 114

12:30-1:30  
Social Time LR

2:15-3:15  
Resilience 114

2:15-3:15  
Art Class

3:25-4:25  
NA Open Meeting 113

3:25-4:25  
DBSA 108

3:25-4:25  
Poetry 114

### Friday

**2**

9:15-9:45  
Ice Breaker LR

9:45-10:45  
Social Anxiety 108

9:45-10:45  
Arts & Crafts 113

10:55-11:55  
Diversity 108

10:55-11:55  
Hybrid-Onsite/Zoom  
Social Time LR  
869 061 54927

2:15-3:15  
Hybrid-Onsite/Zoom  
Women's Group 114  
875 7924 1408

2:15-3:15  
Hybrid-Onsite/Zoom  
Men's Group 108  
827 3339 4133

2:15-3:15  
Balance & Boundaries  
111 or LR

3:25-4:25  
Social Circle 108

3:25-4:25  
Chess Club 114

5:00-8:00  
Social Hour LR, 113, 108

### Saturday

**3**

9:15-9:45  
Ice Breaker LR

9:45-10:45  
Coping Skills 108

9:45-10:45  
Jewelry Design 113

10:55-11:55  
Topic of the Day 108  
Hybrid-Onsite/Zoom  
810 607 16338

10:55-11:55  
Schizophrenia Alliance 108

12:30-1:30  
Social Time LR

2:15-3:15  
Art Workshop 113

2:15-4:25  
Movie Club LR

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| Monday                                                                                                                                                                                                                                                                                                                                                                                                         | Tuesday                                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Thursday                                                                                                                                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>5</b></p> <p>*****</p> <p><b>CLOSED</b></p> <p><b>For</b></p> <p><b>Independence</b></p> <p><b>Day</b></p> <p><b>No groups</b></p> <p><b>online</b></p> <p><b>or onsite</b></p>  <p><b>Have a</b></p> <p><b>SAFE</b></p> <p><b>and</b></p> <p><b>FUN</b></p> <p><b>Holiday</b></p> <p><b>Weekend!!</b></p> <p>*****</p> | <p><b>6</b></p> <p><u>9:45-10:45</u><br/>Eat Well, Live Well<br/>828 4508 0989</p> <p><u>12:45-1:45</u><br/>American History<br/>818 6899 2601</p> <p><u>2:15-3:15</u><br/>AA Open Meeting<br/>Hybrid-Onsite/Zoom<br/>836 0460 9371</p> <p><u>3:15-4:30</u><br/>Choir<br/>857 3185 8460</p> | <p><b>7</b></p> <p><u>9:45-10:45</u><br/>NAMI Connection<br/>824 5047 2205</p> <p><u>10:55-11:55</u><br/>Community Meeting<br/>Hybrid-Onsite/Zoom<br/>830 4709 0440</p> <p><u>12:45-1:45</u><br/>WRAP<br/>886 2747 7849</p> <p><u>2:30-3:30</u><br/>Let's Go Virtual Tours<br/>**New Number**<br/>878 0973 2294</p> <div> <p><b>Community</b></p> <p><b>Meeting</b></p> <p><b>Every</b></p> <p><b>Wednesday</b></p> <p><b>10:55-11:55</b></p> <p><b>Please Join Us!!</b></p> </div> | <p><b>8</b></p> <p><u>10:00-11:00</u><br/>Healthy Living<br/>841 6593 6409</p> <p><u>11:15-12:15</u><br/>Fundamentals of<br/>Drawing<br/>889 8900 5962</p> <p><u>11:15-12:15</u><br/>Music Academy<br/>885 0804 0727</p> <p><u>3:15-4:30</u><br/>Depression Bipolar<br/>Support Alliance<br/>874 1407 2502</p> | <p><b>9</b></p> <p><u>9:45-10:45</u><br/>**Returning Group**<br/>Enlightenment<br/>884 1330 9386</p> <p><u>10:55-11:55</u><br/>Social Time LR<br/>Hybrid-Onsite/Zoom<br/>869 061 54927</p> <p><u>2:15-3:15</u><br/>**New Time**<br/>Hybrid-Onsite/Zoom<br/>Women's Group<br/>875 7924 1408</p> <p><u>2:15-3:15</u><br/>**New Time**<br/>Hybrid-Onsite/Zoom<br/>Men's Group<br/>827 3339 4133</p> <p><u>3:30-4:30</u><br/>Social Hour<br/>871 1223 3961</p> | <div> <p><b>Please Note</b></p> <p>To join online groups &amp; classes by phone, please call<br/><b>(213) 338-8477</b> &amp; enter the meeting number when prompted. To access groups via computer, please log on to <b>Zoom.com</b> &amp; enter the meeting number under the join link. Or download the Zoom app from the App Store on your smartphone. See our Blog at <a href="http://www.wellnesscenteroc.com">www.wellnesscenteroc.com</a> or call our main number <b>714-361-4860</b> if you need help</p> </div> |

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Friday 9:00am-8:00pm

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| <b>5</b><br><b>*****</b><br><b>CLOSED</b><br><b>For</b><br><b>Independence</b><br><b>Day</b><br><b>No groups</b><br><b>online</b><br><b>or onsite</b><br><br><b>Have a</b><br><b>SAFE</b><br><b>and</b><br><b>FUN</b><br><b>Holiday</b><br><b>Weekend!!</b><br><b>*****</b> | <b>6</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>WRAP 114<br><br><u>9:45-10:45</u><br>Self-Empowerment 108<br><br><u>10:55-11:55</u><br>Chess Club 114<br><br><u>10:55-11:55</u><br>Positive Thinking 108<br><br><u>10:55-11:55</u><br>Watercolors 113<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>Anger Management 108<br><br><u>2:15-3:15</u><br>AA Open Meeting 114<br>Hybrid-Onsite/Zoom<br>836 0460 9371<br><br><u>3:25-4:25</u><br>Bingo 113<br><br><u>3:25-4:25</u><br>Karaoke 108<br><br><u>3:25-4:25</u><br>Fun With Games 114 | <b>7</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Goal Setting 108<br><br><u>9:45-10:45</u><br>Gardening OS<br><br><u>9:45-10:45</u><br>Art Workshop 113<br><br><u>9:45-10:45</u><br>Chess Club 114<br><br><u>10:55-11:55</u><br>Community Meeting<br>Hybrid-Onsite/Zoom<br>830 4709 0440<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>DBSA 108<br><br><u>2:15-3:15</u><br>Jewelry Design 113<br><br><u>3:25-4:25</u><br>Relapse Prevention 108<br><br><u>3:25-4:25</u><br>Journaling 113<br><br><u>3:25-4:25</u><br>Living & Thriving LR | <b>8</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>LGBTQ+ 114<br><br><u>9:45-10:45</u><br>Enlightenment 108<br><br><u>10:55-11:55</u><br>Self-Empowerment 108<br><br><u>10:55-11:55</u><br>Steps To Success OS<br><br><u>10:55-11:55</u><br>Brain Health 114<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>Resilience 114<br><br><u>2:15-3:15</u><br>Art Class<br><br><u>3:25-4:25</u><br>NA Open Meeting 113<br><br><u>3:25-4:25</u><br>DBSA 108<br><br><u>3:25-4:25</u><br>Poetry 114 | <b>9</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Social Anxiety 108<br><br><u>9:45-10:45</u><br>Arts & Crafts 113<br><br><u>10:55-11:55</u><br>Diversity 108<br><br><u>10:55-11:55</u><br>Hybrid-Onsite/Zoom<br>Social Time LR<br>869 061 54927<br><br><u>2:15-3:15</u><br>Hybrid-Onsite/Zoom<br>Women's Group 114<br>875 7924 1408<br><br><u>2:15-3:15</u><br>Hybrid-Onsite/Zoom<br>Men's Group 108<br>827 3339 4133<br><br><u>2:15-3:15</u><br>Balance & Boundaries<br>111 or LR<br><br><u>3:25-4:25</u><br>Social Circle 108<br><br><u>3:25-4:25</u><br>Chess Club 114<br><br><u>5:00-8:00</u><br>Social Hour LR, 113, 108 | <b>10</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Coping Skills 108<br><br><u>9:45-10:45</u><br>Jewelry Design 113<br><br><u>10:55-11:55</u><br>Topic of the Day 108<br>Hybrid-Onsite/Zoom<br>810 607 16338<br><br><u>10:55-11:55</u><br>Schizophrenia Alliance 108<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>Art Workshop 113<br><br><u>2:15-4:25</u><br>Movie Club LR |

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| Monday                                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                                                                                        | Friday                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>12</b><br><br><u>9:45-10:45</u><br>Dual Recovery Anon<br>Hybrid-Onsite/Zoom<br>847 7808 6908<br><br><u>11:15-12:15</u><br>Yoga<br>889 7480 3364<br><br><u>1:15-2:15</u><br>Healthy Relationships<br>856 3239 8128<br><br><u>3:15-4:15</u><br>Breakthrough the<br>Barriers of Trauma<br>816 7681 1961 | <b>13</b><br><br><u>9:45-10:45</u><br>Eat Well, Live Well<br>828 4508 0989<br><br><u>12:45-1:45</u><br>American History<br>818 6899 2601<br><br><u>2:15-3:15</u><br>AA Open Meeting<br>Hybrid-Onsite/Zoom<br>836 0460 9371<br><br><u>3:15-4:30</u><br>Choir<br>857 3185 8460 | <b>14</b><br><br><u>9:45-10:45</u><br>NAMI Connection<br>824 5047 2205<br><br><u>10:55-11:55</u><br>Community Meeting<br>Hybrid-Onsite/Zoom<br>830 4709 0440<br><br><u>12:45-1:45</u><br>WRAP<br>886 2747 7849<br><br><u>2:30-3:30</u><br>Let's Go Virtual Tours<br>**New Number**<br>878 0973 2294<br><br><div> <b>Community<br/>Meeting<br/>Every<br/>Wednesday<br/>10:55-11:55<br/>Please Join Us!!</b> </div> | <b>15</b><br><br><u>10:00-11:00</u><br>Healthy Living<br>841 6593 6409<br><br><u>11:15-12:15</u><br>Fundamentals of<br>Painting<br>812 0744 5423<br><br><u>11:15-12:15</u><br>Music Academy<br>885 0804 0727<br><br><u>3:15-4:30</u><br>Depression Bipolar<br>Support Alliance<br>874 1407 2502 | <b>16</b><br><br><u>9:45-10:45</u><br>**Returning Group**<br>Enlightenment<br>884 1330 9386<br><br><u>10:55-11:55</u><br>Social Time LR<br>Hybrid-Onsite/Zoom<br>869 061 54927<br><br><u>2:15-3:15</u><br>**New Time**<br>Hybrid-Onsite/Zoom<br>Women's Group<br>875 7924 1408<br><br><u>2:15-3:15</u><br>**New Time**<br>Hybrid-Onsite/Zoom<br>Men's Group<br>827 3339 4133<br><br><u>3:30-4:30</u><br>Social Hour<br>871 1223 3961 | <div> <b>Onsite</b> </div> <p>~~~~~</p> <p> <b>Onsite<br/>Groups<br/>Are now held<br/>Monday<br/>Through<br/>Saturday<br/>We look<br/>Forward to<br/>seeing you<br/>onsite, so...<br/>NO<br/>Appointment<br/>Needed</b> </p> <p>~~~~~</p> |

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| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>12</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Scrapbooking 113<br><br><u>9:45-10:45</u><br>Dual Recovery Anon 108<br>Hybrid-Onsite/Zoom<br>847 7808 6908<br><br><u>9:45-10:45</u><br>Mindful Meditation 111<br><br><u>10:55-11:55</u><br>Eat Well, Live Well 114<br><br><u>10:55-11:55</u><br>Jewelry Design 113<br><br><u>12:00-2:00</u><br>Art Fair Production 113<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>Coping Skills 108<br><br><u>2:15-3:15</u><br>Floral Design 113<br><br><u>2:15-3:15</u><br>Al-Anon 114<br><br><u>3:25-4:25</u><br>DBSA 108<br><br><u>3:25-4:25</u><br>Glass Arts 113 | <b>13</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>WRAP 114<br><br><u>9:45-10:45</u><br>Self-Empowerment 108<br><br><u>10:55-11:55</u><br>Chess Club 114<br><br><u>10:55-11:55</u><br>Positive Thinking 108<br><br><u>10:55-11:55</u><br>Watercolors 113<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>Anger Management 108<br><br><u>2:15-3:15</u><br>AA Open Meeting 114<br>Hybrid-Onsite/Zoom<br>836 0460 9371<br><br><u>3:25-4:25</u><br>Bingo 113<br><br><u>3:25-4:25</u><br>Karaoke 108<br><br><u>3:25-4:25</u><br>Fun With Games 114 | <b>14</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Goal Setting 108<br><br><u>9:45-10:45</u><br>Gardening OS<br><br><u>9:45-10:45</u><br>Art Workshop 113<br><br><u>9:45-10:45</u><br>Chess Club 114<br><br><u>10:55-11:55</u><br>Community Meeting<br>Hybrid-Onsite/Zoom<br>830 4709 0440<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>DBSA 108<br><br><u>2:15-3:15</u><br>Jewelry Design 113<br><br><u>3:25-4:25</u><br>Relapse Prevention 108<br><br><u>3:25-4:25</u><br>Journaling 113<br><br><u>3:25-4:25</u><br>Living & Thriving LR | <b>15</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>LGBTQ+ 114<br><br><u>9:45-10:45</u><br>Enlightenment 108<br><br><u>10:55-11:55</u><br>Self-Empowerment 108<br><br><u>10:55-11:55</u><br>Steps To Success OS<br><br><u>10:55-11:55</u><br>Brain Health 114<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>Resilience 114<br><br><u>2:15-3:15</u><br>Art Class<br><br><u>3:25-4:25</u><br>NA Open Meeting 113<br><br><u>3:25-4:25</u><br>DBSA 108<br><br><u>3:25-4:25</u><br>Poetry 114 | <b>16</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Social Anxiety 108<br><br><u>9:45-10:45</u><br>Arts & Crafts 113<br><br><u>10:55-11:55</u><br>Diversity 108<br><br><u>10:55-11:55</u><br>Hybrid-Onsite/Zoom<br>Social Time LR<br>869 061 54927<br><br><u>2:15-3:15</u><br>Hybrid-Onsite/Zoom<br>Women's Group 114<br>875 7924 1408<br><br><u>2:15-3:15</u><br>Hybrid-Onsite/Zoom<br>Men's Group 108<br>827 3339 4133<br><br><u>2:15-3:15</u><br>Balance & Boundaries<br>111 or LR<br><br><u>3:25-4:25</u><br>Social Circle 108<br><br><u>3:25-4:25</u><br>Chess Club 114<br><br><u>5:00-8:00</u><br>Social Hour LR, 113, 108 | <b>17</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Coping Skills 108<br><br><u>9:45-10:45</u><br>Jewelry Design 113<br><br><u>10:55-11:55</u><br>Topic of the Day 108<br>Hybrid-Onsite/Zoom<br>810 607 16338<br><br><u>10:55-11:55</u><br>Schizophrenia Alliance 108<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>Art Workshop 113<br><br><u>2:15-4:25</u><br>Movie Club LR |

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Monday-Friday  
9:00am-5:00pm

| Monday                                                                                                                                                                                                                                                                                                                                                                        | Tuesday                                                                                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Thursday                                                                                                                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>19</b><br><br><u>9:45-10:45</u><br><b>Dual Recovery Anon</b><br><b>Hybrid-Onsite/Zoom</b><br><b>847 7808 6908</b><br><br><u>11:15-12:15</u><br><b>Yoga</b><br><b>889 7480 3364</b><br><br><u>1:15-2:15</u><br><b>Healthy Relationships</b><br><b>856 3239 8128</b><br><br><u>3:15-4:15</u><br><b>Breakthrough the</b><br><b>Barriers of Trauma</b><br><b>816 7681 1961</b> | <b>20</b><br><br><u>9:45-10:45</u><br><b>Eat Well, Live Well</b><br><b>828 4508 0989</b><br><br><u>12:45-1:45</u><br><b>American History</b><br><b>818 6899 2601</b><br><br><u>2:15-3:15</u><br><b>AA Open Meeting</b><br><b>Hybrid-Onsite/Zoom</b><br><b>836 0460 9371</b><br><br><u>3:15-4:30</u><br><b>Choir</b><br><b>857 3185 8460</b> | <b>21</b><br><br><u>9:45-10:45</u><br><b>NAMI Connection</b><br><b>824 5047 2205</b><br><br><u>10:55-11:55</u><br><b>Community Meeting</b><br><b>Hybrid-Onsite/Zoom</b><br><b>830 4709 0440</b><br><br><u>12:45-1:45</u><br><b>WRAP</b><br><b>886 2747 7849</b><br><br><u>2:30-3:30</u><br><b>Let's Go Virtual Tours</b><br><b>**New Number**</b><br><b>878 0973 2294</b><br><br><div style="border: 2px solid blue; padding: 10px; text-align: center;"> <b>Community Meeting</b><br/> <b>Every</b><br/> <b>Wednesday</b><br/> <b>10:55-11:55</b><br/> <b>Please Join Us!!</b> </div> | <b>22</b><br><br><u>10:00-11:00</u><br><b>Healthy Living</b><br><b>841 6593 6409</b><br><br><u>11:15-12:15</u><br><b>Fundamentals of</b><br><b>Drawing</b><br><b>889 8900 5962</b><br><br><u>11:15-12:15</u><br><b>Music Academy</b><br><b>885 0804 0727</b><br><br><u>3:15-4:30</u><br><b>Depression Bipolar</b><br><b>Support Alliance</b><br><b>874 1407 2502</b> | <b>23</b><br><br><u>9:45-10:45</u><br><b>**Returning Group**</b><br><b>Enlightenment</b><br><b>884 1330 9386</b><br><br><u>10:55-11:55</u><br><b>Social Time LR</b><br><b>Hybrid-Onsite/Zoom</b><br><b>869 061 54927</b><br><br><u>2:15-3:15</u><br><b>**New Time**</b><br><b>Hybrid-Onsite/Zoom</b><br><b>Women's Group</b><br><b>875 7924 1408</b><br><br><u>2:15-3:15</u><br><b>**New Time**</b><br><b>Hybrid-Onsite/Zoom</b><br><b>Men's Group</b><br><b>827 3339 4133</b><br><br><u>3:30-4:30</u><br><b>Social Hour</b><br><b>871 1223 3961</b> | <div style="border: 2px solid red; padding: 10px;"> <div style="text-align: center;">  <p><b>Please Note</b></p> </div> <p>To join online groups &amp; classes by phone, please call <b>(213) 338-8477</b> &amp; enter the meeting number when prompted. To access groups via computer, please log on to <b>Zoom.com</b> &amp; enter the meeting number under the join link. Or download the Zoom app from the App Store on your smartphone. See our Blog at <a href="http://www.wellnesscenteroc.com">www.wellnesscenteroc.com</a> or call our main number <b>714-361-4860</b> if you need help</p> </div> |

# Wellness Center Central

## Onsite Groups July 2021

Calendar is subject to change. Translators available upon request

401 S. Tustin Street # C  
Orange, CA 92866

Phone: (714)361-4860

www.wellnesscenteroc.com

Hours of Operation  
Monday-Thursday & Saturday 9:00am-5:00pm  
Friday 9:00am-8:00pm

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>19</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Scrapbooking 113<br><br><u>9:45-10:45</u><br>Dual Recovery Anon 108<br>Hybrid-Onsite/Zoom<br>847 7808 6908<br><br><u>9:45-10:45</u><br>Mindful Meditation 111<br><br><u>10:55-11:55</u><br>Eat Well, Live Well 114<br><br><u>10:55-11:55</u><br>Jewelry Design 113<br><br><u>12:00-2:00</u><br>Art Fair Production 113<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>Coping Skills 108<br><br><u>2:15-3:15</u><br>Floral Design 113<br><br><u>2:15-3:15</u><br>Al-Anon 114<br><br><u>3:25-4:25</u><br>DBSA 108<br><br><u>3:25-4:25</u><br>Glass Arts 113 | <b>20</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>WRAP 114<br><br><u>9:45-10:45</u><br>Self-Empowerment 108<br><br><u>10:55-11:55</u><br>Chess Club 114<br><br><u>10:55-11:55</u><br>Positive Thinking 108<br><br><u>10:55-11:55</u><br>Watercolors 113<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>Anger Management 108<br><br><u>2:15-3:15</u><br>AA Open Meeting 114<br>Hybrid-Onsite/Zoom<br>836 0460 9371<br><br><u>3:25-4:25</u><br>Bingo 113<br><br><u>3:25-4:25</u><br>Karaoke 108<br><br><u>3:25-4:25</u><br>Fun With Games 114 | <b>21</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Goal Setting 108<br><br><u>9:45-10:45</u><br>Gardening OS<br><br><u>9:45-10:45</u><br>Art Workshop 113<br><br><u>9:45-10:45</u><br>Chess Club 114<br><br><u>10:55-11:55</u><br>Community Meeting<br>Hybrid-Onsite/Zoom<br>830 4709 0440<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>DBSA 108<br><br><u>2:15-3:15</u><br>Jewelry Design 113<br><br><u>3:25-4:25</u><br>Relapse Prevention 108<br><br><u>3:25-4:25</u><br>Journaling 113<br><br><u>3:25-4:25</u><br>Living & Thriving LR | <b>22</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>LGBTQ+ 114<br><br><u>9:45-10:45</u><br>Enlightenment 108<br><br><u>10:55-11:55</u><br>Self-Empowerment 108<br><br><u>10:55-11:55</u><br>Steps To Success OS<br><br><u>10:55-11:55</u><br>Brain Health 114<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>Resilience 114<br><br><u>2:15-3:15</u><br>Art Class<br><br><u>3:25-4:25</u><br>NA Open Meeting 113<br><br><u>3:25-4:25</u><br>DBSA 108<br><br><u>3:25-4:25</u><br>Poetry 114 | <b>23</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Social Anxiety 108<br><br><u>9:45-10:45</u><br>Arts & Crafts 113<br><br><u>10:55-11:55</u><br>Diversity 108<br><br><u>10:55-11:55</u><br>Hybrid-Onsite/Zoom<br>Social Time LR<br>869 061 54927<br><br><u>2:15-3:15</u><br>Hybrid-Onsite/Zoom<br>Women's Group 114<br>875 7924 1408<br><br><u>2:15-3:15</u><br>Hybrid-Onsite/Zoom<br>Men's Group 108<br>827 3339 4133<br><br><u>2:15-3:15</u><br>Balance & Boundaries<br>111 or LR<br><br><u>3:25-4:25</u><br>Social Circle 108<br><br><u>3:25-4:25</u><br>Chess Club 114<br><br><u>5:00-8:00</u><br>Social Hour LR, 113, 108 | <b>24</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Coping Skills 108<br><br><u>9:45-10:45</u><br>Jewelry Design 113<br><br><u>10:55-11:55</u><br>Topic of the Day 108<br>Hybrid-Onsite/Zoom<br>810 607 16338<br><br><u>10:55-11:55</u><br>Schizophrenia Alliance 108<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>Art Workshop 113<br><br><u>2:15-4:25</u><br>Movie Club LR |

# Wellness Center Central

## Remote Tele-Groups July 2021

*Calendar is subject to change. Translators available upon request*

401 S. Tustin Street # C  
Orange, CA 92866  
Phone: (714)361-4860  
www.wellnesscenteroc.com

Hours of Operation  
Monday-Friday  
9:00am-5:00pm

| Monday                                                                                                                                                                                                                                                                                                                                                                        | Tuesday                                                                                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>26</b><br><br><u>9:45-10:45</u><br><b>Dual Recovery Anon</b><br><b>Hybrid-Onsite/Zoom</b><br><b>847 7808 6908</b><br><br><u>11:15-12:15</u><br><b>Yoga</b><br><b>889 7480 3364</b><br><br><u>1:15-2:15</u><br><b>Healthy Relationships</b><br><b>856 3239 8128</b><br><br><u>3:15-4:15</u><br><b>Breakthrough the</b><br><b>Barriers of Trauma</b><br><b>816 7681 1961</b> | <b>27</b><br><br><u>9:45-10:45</u><br><b>Eat Well, Live Well</b><br><b>828 4508 0989</b><br><br><u>12:45-1:45</u><br><b>American History</b><br><b>818 6899 2601</b><br><br><u>2:15-3:15</u><br><b>AA Open Meeting</b><br><b>Hybrid-Onsite/Zoom</b><br><b>836 0460 9371</b><br><br><u>3:15-4:30</u><br><b>Choir</b><br><b>857 3185 8460</b> | <b>28</b><br><br><u>9:45-10:45</u><br><b>NAMI Connection</b><br><b>824 5047 2205</b><br><br><u>10:55-11:55</u><br><b>Community Meeting</b><br><b>Hybrid-Onsite/Zoom</b><br><b>830 4709 0440</b><br><br><u>12:45-1:45</u><br><b>WRAP</b><br><b>886 2747 7849</b><br><br><u>2:30-3:30</u><br><b>Let's Go Virtual Tours</b><br><b>**New Number**</b><br><b>878 0973 2294</b><br><br><div> <b>Community</b><br/> <b>Meeting</b><br/> <b>Every</b><br/> <b>Wednesday</b><br/> <b>10:55-11:55</b><br/> <b>Please Join Us!!</b> </div> | <b>29</b><br><br><u>10:00-11:00</u><br><b>Healthy Living</b><br><b>841 6593 6409</b><br><br><u>11:15-12:15</u><br><b>Fundamentals of</b><br><b>Painting</b><br><b>889 8900 5962</b><br><br><b>**No Music Academy**</b><br><br><u>3:15-4:30</u><br><b>Depression Bipolar</b><br><b>Support Alliance</b><br><b>874 1407 2502</b> | <b>30</b><br><br><u>9:45-10:45</u><br><b>**Returning Group**</b><br><b>Enlightenment</b><br><b>884 1330 9386</b><br><br><u>10:55-11:55</u><br><b>Social Time LR</b><br><b>Hybrid-Onsite/Zoom</b><br><b>869 061 54927</b><br><br><u>2:15-3:15</u><br><b>**New Time**</b><br><b>Hybrid-Onsite/Zoom</b><br><b>Women's Group</b><br><b>875 7924 1408</b><br><br><u>2:15-3:15</u><br><b>**New Time**</b><br><b>Hybrid-Onsite/Zoom</b><br><b>Men's Group</b><br><b>827 3339 4133</b><br><br><u>3:30-4:30</u><br><b>Social Hour</b><br><b>871 1223 3961</b> | <div> <b>Please Note</b> </div> <p>To join online groups &amp; classes by phone, please call <b>(213) 338-8477</b> &amp; enter the meeting number when prompted. To access groups via computer, please log on to <b>Zoom.com</b> &amp; enter the meeting number under the join link. Or download the Zoom app from the App Store on your smartphone. See our Blog at <a href="http://www.wellnesscenteroc.com">www.wellnesscenteroc.com</a> or call our main number <b>714-361-4860</b> if you need help</p> |

# Wellness Center Central

## Onsite Groups July 2021

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Hours of Operation  
Monday-Thursday & Saturday 9:00am-5:00pm  
Friday 9:00am-8:00pm

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <b>26</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Scrapbooking 113<br><br><u>9:45-10:45</u><br>Dual Recovery Anon 108<br>Hybrid-Onsite/Zoom<br>847 7808 6908<br><br><u>9:45-10:45</u><br>Mindful Meditation 111<br><br><u>10:55-11:55</u><br>Eat Well, Live Well 114<br><br><u>10:55-11:55</u><br>Jewelry Design 113<br><br><u>12:00-2:00</u><br>Art Fair Production 113<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>Coping Skills 108<br><br><u>2:15-3:15</u><br>Floral Design 113<br><br><u>2:15-3:15</u><br>Al-Anon 114<br><br><u>3:25-4:25</u><br>DBSA 108<br><br><u>3:25-4:25</u><br>Glass Arts 113 | <b>27</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>WRAP 114<br><br><u>9:45-10:45</u><br>Self-Empowerment 108<br><br><u>10:55-11:55</u><br>Chess Club 114<br><br><u>10:55-11:55</u><br>Positive Thinking 108<br><br><u>10:55-11:55</u><br>Watercolors 113<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>Anger Management 108<br><br><u>2:15-3:15</u><br>AA Open Meeting 114<br>Hybrid-Onsite/Zoom<br>836 0460 9371<br><br><u>3:25-4:25</u><br>Bingo 113<br><br><u>3:25-4:25</u><br>Karaoke 108<br><br><u>3:25-4:25</u><br>Fun With Games 114 | <b>28</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Goal Setting 108<br><br><u>9:45-10:45</u><br>Gardening OS<br><br><u>9:45-10:45</u><br>Art Workshop 113<br><br><u>9:45-10:45</u><br>Chess Club 114<br><br><u>10:55-11:55</u><br>Community Meeting<br>Hybrid-Onsite/Zoom<br>830 4709 0440<br><br><u>12:30-1:00</u><br>Social Time LR<br><br><div style="border: 2px solid blue; padding: 5px; text-align: center;"> <u>1:00-3:00</u><br/> <b>2021 Community<br/>Art Fair &amp; Open House<br/>LR</b> </div><br><u>2:15-3:15</u><br>DBSA 108<br><br><u>2:15-3:15</u><br>Jewelry Design 113<br><br><u>3:25-4:25</u><br>Relapse Prevention 108<br><br><u>3:25-4:25</u><br>Journaling 113<br><br><u>3:25-4:25</u><br>Living & Thriving LR | <b>29</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>LGBTQ+ 114<br><br><u>9:45-10:45</u><br>Enlightenment 108<br><br><u>10:55-11:55</u><br>Self-Empowerment 108<br><br><u>10:55-11:55</u><br>Steps To Success OS<br><br><u>10:55-11:55</u><br>Brain Health 114<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>Resilience 114<br><br><u>2:15-3:15</u><br>Art Class<br><br><u>3:25-4:25</u><br>NA Open Meeting 113<br><br><u>3:25-4:25</u><br>DBSA 108<br><br><u>3:25-4:25</u><br>Poetry 114 | <b>30</b> <u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Social Anxiety 108<br><br><u>9:45-10:45</u><br>Arts & Crafts 113<br><br><u>10:55-11:55</u><br>Diversity 108<br><br><u>10:55-11:55</u><br>Hybrid-Onsite/Zoom<br>Social Time LR<br>869 061 54927<br><br><u>2:15-3:15</u><br>Hybrid-Onsite/Zoom<br>Women's Group 114<br>875 7924 1408<br><br><u>2:15-3:15</u><br>Hybrid-Onsite/Zoom<br>Men's Group 108<br>827 3339 4133<br><br><u>2:15-3:15</u><br>Balance & Boundaries<br>111 or LR<br><br><u>3:25-4:25</u><br>Social Circle 108<br><br><u>3:25-4:25</u><br>Chess Club 114<br><br><u>5:00-8:00</u><br>Social Hour LR, 113, 108<br><br>Summer Barbeque<br>5:00-6:00<br> | <b>31</b><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Coping Skills 108<br><br><u>9:45-10:45</u><br>Jewelry Design 113<br><br><u>10:55-11:55</u><br>Topic of the Day 108<br>Hybrid-Onsite/Zoom<br>810 607 16338<br><br><u>10:55-11:55</u><br>Schizophrenia Alliance<br>108<br><br><u>12:30-1:30</u><br>Social Time LR<br><br><u>2:15-3:15</u><br>Art Workshop 113<br><br><u>2:15-4:25</u><br>Movie Club LR |