

Wellness Center Central

June 2025

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
2 9:15-9:45 Ice Breaker LR 9:45-11:45 Campus Sports Activities featuring Volleyball OS 10:00-10:30 Walk & Talk OS 10:00-11:00 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 10:00-12:00 Jewelry Design 113 11:00-12:00 Break through the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 Yoga 107 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 Healthy Relationships 108 (H) 840 3417 3056 AA Open Meeting 107 Story Circle 114 2:00-3:00 Healing With Art 113 2:15-3:15 Coping Skills 108 Social Anxiety 111 3:30-4:30 DBSA 108 Game Time 114 	3 9:15-9:45 Ice Breaker LR 9:45-10:45 Eat Well, Live Well 114 (H) 814 7469 2733 10:00-11:00 Al-Anon Meeting 107 10:00-11:30 Join Us For Coffee F 10:00-12:00 Watercolors 113 10:00-1:00 Volunteerism F Gold Coast Farms 11:00-12:00 Schizophrenia Alliance 114 DBSA 111 Karaoke 108 12:00-1:00 Social Time LR 1:00-2:00 Self Empowerment 111 (H) 895 9260 2224 Time Travel with Terry 108 (H) 868 9159 0989 1:00-2:00 *New Group* Work Order Day Orientation 114 1:30-2:30 Beginning Computer 109 *New Day & Time!!* 2:00-3:00 That's My Line 111 2:00-3:30 Mosaics 113 2:15-3:15 Anger Management 108 (H) 897 1661 6727 3:30-4:30 Chess Club 114 Relaciones Saludables 108	4 9:15-9:45 Ice Breaker LR 9:45-10:45 Wellness Wednesday 114 Gardening OS NAMI Connection 108 (H) 824 5047 2205 9:45-11:00 Art Workshop 113 Campus Sport Activities OS 10:00-10:30 Walk & Talk OS 10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371 11:00-11:50 Community Meeting LR (H) 844 3176 0396 11:00-2:00 Volunteerism F Food Distribution 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 ASL Sign Language 108 Young Adult Group Preparing for the Future 107 1:00-2:30 Jewelry Design 113 WRAP 114 (H) 832 7126 3020 1:30-3:00 Uke N'Feel Better 111 2:30-3:30 Bingo 107 2:30-4:00 Chess Club 114 Crochet 113 3:30-4:30 Recovery Expression 107 Social Skills 108	5 9:15-9:45 Ice Breaker LR 9:45-10:45 Tai Chi 107/OS *New Group!!* Creative Dance for Healing 111 9:45-11:15 Campus Sport Activities OS 10:00-11:00 Healthy Living 114 (H) 812 0742 2407 DBSA 108 (H) 852 7154 9027 10:00-2:00 Social Outing F Barnes & Noble 11:00-12:00 Open Discussion 107 Positive Thinking 108 (H) 841 4238 8927 12:00-1:00 *Special Presentation* Stress Management (See Flyer) Guest presenter LR 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 Juicing K Employment/Education Support 114 Enlightenment 111 1:00-2:30 Music Academy 108 (H) 885 0804 0727 2:00-3:00 111 Emotional Wellness 2:00-3:30 Game Time 107 2:00-4:30 Open Art Class 113 3:30-4:30 NA Open Meeting 111 (H) 836 0460 9371 Poetry 114 (H) 860 6045 5887	6 9:15-9:45 Ice Breaker LR 10:00-11:00 Looking Good-Feeling Good 108 10:00-11:30 Cooking K 10:00-11:30 Campus Sport Activities 11:00-11:30 Chat with MAB LR 11:00-12:00 *New Group* Work Order Day Orientation 108 Stay Fit Friday 107/OS AA Open Meeting 111 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 Mindfulness 111 Balance & Boundaries 108 Auto-Empoderamiento 114 1:30-3:30 Creating Together Step-by-Step Art 113 *Planned Project* *Not Open Art* 2:00-3:00 Trauma Recovery 107 Women's Group 108 (H) 875 7924 1408 Men's Group 111 (H) 865 8458 5314 Best Presenting Self 114 (H) 836 1671 9491 3:00-4:30 Good Vibes Circle 108 Chess Club 114 3:15-4:15 Choir 107 (H) 857 3185 8460 4:00-5:00 West African Drumming 111 5:00-8:00 Social Hour LR 113 108 Anime/Japanese Language 107	7 9:15-9:45 Ice Breaker LR 9:45-10:45 Coping Skills 108 10:00-12:00 Jewelry Design 113 10:00-11:00 Schizophrenia Alliance 114 10:30-4:00 Social Outing F Tour de NAMI Rally Mile Square Park & HB Cruisin' Car Show at Edison HS 11:00-12:00 Enlightenment 108 (H) 867 7506 1248 12:00-1:00 Topic of the Day 108 (H) 810 6071 6338 12:00-1:30 *New Game!!* "Golf" Card Game 107 **Special Group** 12:30-1:50 Art Calendar Workshop 113 1:00-2:00 Poetry 114 NAMI Connection 108 (H) 825 2384 8811 2:15-4:25 Art Workshop 113 In House Cinema LR Bingo 114 Karaoke 108 Fun with Games 107

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

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Please view our BLOG at www.wellnesscenteroc.com for fun, informative ideas and resources. If you have suggestions, comments, or blogs to contribute, please email Sohail.Eftekhazadeh@clarvida.com					
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Monday

30 9:15-9:45
Ice Breaker LR

9:45-11:45
Campus Sports Activities
featuring Volleyball OS

10:00-10:30
Walk & Talk OS

10:00-11:00
Mindful Meditation 111
Dual Recovery
Anonymous 108
(H) 847 7808 6908

10:00-12:00
Jewelry Design 113

11:00-12:00
Break through the
Barriers of Trauma 108
(H) 816 7681 1961
Music Appreciation 114
Yoga 107

12:00-1:00
Social Time LR
(H) 823 6633 6837

1:00-2:00
Healthy
Relationships 108
(H) 840 3417 3056
AA Open Meeting 107
Story Circle 114

2:00-3:00
Healing With Art 113

2:15-3:15
Coping Skills 108
Social Anxiety 111

3:30-4:30
DBSA 108
Game Time 114



GREAT OUTDOORS MONTH
JUNE

*Employment
& Education
support by
appointment*
*Please Con-
tact*

*Mario at
(949) 406-9687
9am-5pm,
Mon-Fri*

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

*Please call  
Diana at  
(714) 361-4860  
9am-5pm,  
Mon-Fri*



**SPECIAL  
WORKSHOP!**

Learn to  
manage  
your  
**STRESS!**

w/ Halleh Nia

- Learn the definition of stress.
- Identify common sources of stress.
- Recognize the link between thoughts, behaviors and emotions.
- Identify strategies and practice techniques that reduce the level of stress.



wellnesscenteroc.com

Thursday  
June 5<sup>th</sup>

12:00 PM

Wellness  
Center Central

*Jewelry Design  
Come make  
Pride jewelry  
All month long*



For hybrid groups call (213) 338-8477, enter meeting number when prompted. Via computer at **Zoom.US** enter meeting # under the **Join A Meeting** link. Download the Zoom app from the App Store on your smartphone.  
See [wellnesscenteroc.com](http://wellnesscenteroc.com) blog or call 714-361-4860.

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# PRIDE MONTH CELEBRATION

JUNE 20, 2025

1:00 P.M. - 2:30 P.M.

Come to WCC to celebrate LGBTQ+ pride month! We will learn the history of pride, enjoy performances from our community, do some collaborative art projects, plus more!

If you are interested in participating, please contact us a 714-361-4860

**Wellness Center Central**

401 S. TUSTIN ST. BLDG. C

ORANGE, CA 92866

714-361-4860



## Group Descriptions

**Emotional Groups:** *Designed to aid our members with establishing their own ability to cope and understand themselves, while addressing overall member goals related to advocacy and recovery.*

**Anger Management-**Members learn to utilize the tools needed to recognize, accept, and understand emotional feelings and physiological reactions anger causes, and how to respond effectively.

**Art Groups-**Come join any Art Group (see calendar) to learn to use art as a tool for self-expression & self-exploration & benefit from using art as a creative way to process feelings.

**Auto-Empoderamiento-**Discutir habilidades y herramientas prácticas de afrontamiento que conducen al autoperderamiento, reconozca su papel en el proceso de recuperación

**Balance and Boundaries-**Members can explore steps to establishing and maintaining healthy boundaries.

**Best Presenting Self-**Learn in a safe place how to grow personally through introspection, create a growth mindset, etc. to develop one's best presenting self

**Break through the Barriers of Trauma-**takes a holistic (mind, body, soul, spirit) approach to overcoming trauma. This trauma-informed care class gives participants the recovery tools to be resilient.

**Coping Skills-**Members learn techniques to better manage, and how to effectively cope with daily struggles in life.

**DBSA (Depression, Bipolar Support Alliance)**-DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders. Meets three times weekly.

**Employment /Education Support-** Attend group; call for support and assistance—get help with locating hot job leads, resume help, interview tips and much more. If you've been thinking about going back to school, or are curious if you should go back, WCC staff will assist and guide you through the process and provide information about school related materials.

Members are encouraged to speak to our facilitators and/or Employment/Education Specialist anytime.

**Emotional Wellness-**Discussion group where members will talk about types of emotions, managing emotions, accepting/respecting peers, promote emotional wellness and recovery

**Healthy Relationships-**Members explore different types of relationships and how to engage in healthy relationships.

**Jewelry Design-**Members learn about beading and making different kinds of jewelry such as necklace and bracelets.

**Job Club-**Provides ongoing motivation and group support while reinforcing and improving job-seeking skills.

**LGBTIQ+ Closed Group (allies welcome-please see staff)**-Share and Care Support group giving open-minded, helpful, safe and kind environment and atmosphere for LGBTQ+ community to discuss their successes and concerns exclusive of outside influence.

**Men's Group-**This group is an open forum to share ideas, concerns, and solutions specific to men.

**Mosaics-** In these classes members learn and practice the art of mosaic.

**NAMI Connection-**recovery support group for adults living with mental illness. Learn from sharing experiences & coping strategies in a positive and supportive environment. Meets twice weekly.

**Poetry-** Join fellow members to read and learn poetry and incorporate it in your recovery journey.

**Positive Thinking-**Members will have the opportunity to review positive quote from famous people and discuss how these quotes can be applied to daily lives.

**Relaciones Saludables**-(Healthy Relationships in Spanish) Los miembros exploran diferentes tipos de relaciones y como entablar relaciones saludables.

**Schizophrenia Alliance-** join us to learn about and discuss schizophrenia and related schizoaffective disorders and diagnosis for better understanding, learn the six steps for recovery and how we can diffuse stigmas and fears and offer support in recovery and wellness. Meets twice a week.

**Self-Empowerment-**Members have an opportunity to discuss many practical coping skills and tools which lead to self-empowerment as they recognize their own role in the recovery process.

**Social Anxiety-** In this group, we share our experiences with social anxiety and ways to cope with it, do some role playing to challenge ourselves while having some fun and read over some material related to social anxiety, and discuss. Open to people with any anxiety about anything!

**Story Circle-**Give and get support with hope & re-framing of negative events to positive perspective for the future.

**Trauma Recovery-**Join an open discussion about recovery from trauma, learn new tools to cope and find hope in others' story of recovery in a safe space to find your voice.

**Women's Group-** This group is an open forum to share ideas, concern, and solutions specific to women.

**Watercolors-** Learn water color and graphite techniques from a fellow member.

**Young Adult Group-Preparing for the Future:** For members aged 18 to 26—Come discuss hopes & dreams for the future & how to plan.

**Physical Groups:** *Designed to promote the ability to strive for and achieve a healthy quality of life, while addressing overall member goals related to physical health, nutrition, and overall well-being.*

**Bowling** – Members have an opportunity to meet in the community and go bowling. Members explore techniques of bowling while competing and having fun. This is a community integrated activity.

**Campus Sports Activities-**join fellow members and staff for friendly games of ... **Basketball-** Members practice basketball techniques and learn to play a team sport on a half court located on the Wellness Center campus. **Horseshoes-** Members practice throwing horseshoes on a half court located on the Wellness Center campus and **Volley Ball-** Members practice volleyball skills and learn to play a team sport on campus, at a local park, and/or Huntington Beach (Summer months).

**Cooking Classes-** Discuss or make and share a meal with fellow members! We learn budget menus, special diets, and some gourmet meals too. Bring a recipe to share if you have a favorite.

**Creative Dance for Healing-**Learn & join in the connection of movement in sync with music & fellow members; develop & practice commitment, mindset, repetition & community.

**Gardening-** This class integrates the "garden" into our human culture and civilization. This class teaches members about gardening, agriculture, and how to take care of our natural resources.

**Healthy Living-** Members learn different steps, actions and strategies one puts in place to achieve optimum health.

**Juicing-** Members learn about juicing of fruit and vegetables and its health benefits.

**Tai Chi-** Eastern exercise, using breath and slow movement to build energy and strength. Daily practice helpful for self-defense.

**Walk & Talk-**Stroll around the WCC campus and/or to the bike trail along the nearby creek while chatting with fellow members and staff. Meets two times a week.

**Yoga-** Members learn basic & intermediate yoga to create balance in the body through developing strength & flexibility. All are welcome, beginners thru advanced.

**Spiritual Groups:** Designed to assist members with finding their own personal peace and tranquility while addressing overall member goals related to values and wellness:

**AA Open Meeting (Alcoholics Anonymous)-**This 12-Step meeting uses a traditional 12 steps model that has been expanded and developed for people with varied substance abuse issues. It provides support and social networking through community involvement while recovering from substance and alcohol abuse/dependence.

**Dual Recovery Anonymous-**This 12-Step group provides support and social networking through community involvement while recovering from mental illness and other issues such as substance abuse/dependence.

**Enlightenment-**Members share moments in life that helped them gain wisdom, spiritual achievements, and physical progress. All are encouraged to discuss personal Ah-ha moments.

**Mindful Meditation & Mindfulness-**These classes help to increase awareness of oneself through spiritual exercises like breathing, meditation and mindfulness practices.

**NA (Narcotics Anonymous) Open meeting-**With the 12 Steps, assists with finding the freedom to live your life without the use of drugs. NA is a fellowship of men and women for whom drugs have become a major problem.

**West African Drumming-**Members learn the history of drums from the West African Region while practicing rhythms that have specific meanings. The drums are authentic West African drums.

**WRAP (Wellness Recovery Action Plan)-**Learn to identify what keeps us well, and then use your own Wellness Tools to relieve difficult feelings and maintain wellness and a higher quality of life.

**Social Groups:** Designed to provide our members with the opportunity to establish and maintain healthy, positive and lasting relationships with their friends and families while addressing overall member goals. Some groups are indoor or outdoor recreation and/or community involvement

**Beginning Computer-**An introduction to all things computers, from hardware to software. Open to all levels of proficiency and covers internet browsing and e-mail as well.

**Bingo & Super Bingo-** Members enjoy the game of B I N G O!!!! Enjoy spending time with fellow members playing a fun game!

**Chat With MAB-**Spend a little time with your Member Advisory Board members and staff to give feedback and suggestions.

**Chess Club-** Join other members and staff to bond your chess playing skills and strategies each week or learn the game from some experienced players.

**Choir -**Come join in to learn & sing fun/popular songs sharing music in recovery together; bring your own instrument if you can. All experience levels welcome!

**Community Meeting-** This important weekly meeting is for all members to learn more about the Center as they get updates on the center, different activities and groups, and events that are going on in the community. Members also get to meet the staff and interact with them.

**Fun With Games/"Golf" Card Game-**Come play various card and board games with fellow members

**Join Us For Coffee-**Come with us to spend a little time chatting over a cup of coffee.

**Karaoke-**Members share their love for singing and connect with others through music. No singing skills required.

**Matinee Movie/In House Cinema-**Members enjoy watching movies both in the community and at the center. Members are encouraged to discuss their thoughts about these movies afterwards.

**Music Academy-**High quality, fun and personalized vocal and guitar lessons from an experienced professional! You may bring your own guitar if you have one.

**Open Discussion-**High quality, fun and personalized vocal and guitar lessons from an experienced professional! You may bring your own guitar if you have one.

**Social Hour-**This group provides a great opportunity for members to come and socialize with others through Karaoke, Video Game/Sports, Bingo, other games, and Anime

**Social Outing-** This group offers an opportunity for members to go to local venues in the community to learn about history, art, special places, try something different, get out and have some fun.

**Social Time-**this daily group is a time to practice good social skills while having some fun playing games, guessing trivia and riddles and sharpening memory.

**Spending Wisely-**As a group we will collaborate on ideas that could help members on budgeting their finances.

**Tea Time-** Members enjoy a traditional Tea Ceremony, learning the history of tea, the benefits of drinking tea while relaxing and socializing with one another.

**That's My Line-Acting-**Life is one big stage and you deserve to be on it! Come learn & practice activities in acting and improvisation—improve your social interactions!

**Time Travel with Terry-**Learn about History from a knowledgeable historian. Hear the history of locations and events and how they have

**Volunteerism-**This group offers unique opportunities to serve others and the community. It teaches how to give back as it is an important part of recovery

**Work Order Day Orientation-**Learn office and program duties and skills to build experience that can contribute to employability