

Wellness Center Central

December 2022

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

**In December,
Remember a
Member who hasn't
been to WCC for a while
and invite
them to return!!**



To join online groups & classes by phone, please call (213) 338-8477, then enter the meeting number when prompted. To access groups via computer, please log on to **Zoom.US** & enter the meeting number under the **Join A Meeting** link. You can download the Zoom app from the App Store on your smartphone. See our Blog at www.wellnesscenteroc.com or call our main number 714-361-4860.

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

**For Help
with your
Wellness
Recovery
Action Plan
(WRAP)**
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**Please call  
Diana for  
Assistance at  
(626) 373-0157  
9am-5pm  
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**MAB
Agenda
Mtg.
12/15/2022
2:00-2:30**
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**MAB Mtg.  
12/16/2022  
11:00-12:30**  
~~~~~  
Closed Groups



Wellness Center Central

**Invites you
to our**

**Holiday
Lunch**



**Thursday, December 15, 2022
12 P.M. to 2 P.M.**

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714-361-4860**



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Friday 9:00am-8:00pm

A gingerbread house with a brown roof made of icing tiles. The walls are brown with white icing trim around the windows and doors. There are two windows with green shutters and a door with a small porch. Two candy canes are leaning against the side of the house. Several gingerbread men are standing around the base of the house.

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5 9:15-9:45 Ice Breaker LR 10:00-10:30 Walk & Talk OS 10:00-11:00 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 **Returning Group** 10:00-12:00 Scrapbooking 113 11:00-12:00 Break through the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 11:15-12:15 Yoga 107 (H) 889 7480 3364 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 Healthy Relationships 108 (H) 856 3239 8128 1:30-3:00 Cooking K 2:15-3:15 Coping Skills 111 2:30-3:30 Free Form Expressive Exercise 107 3:30-4:30 DBSA 108 Game Time 114 (H)=Hybrid Zoom/Onsite Group is online/onsite	6 9:15-9:45 Ice Breaker LR 9:45-10:45 Eat Well, Live Well 114(H) 828 4508 0989 10:00-11:00 NA Open Meeting 107 American History 108 (H) 818 6899 2601 10:00-11:30 Campus Sport Activities OS 10:00-12:00 Watercolors 113 10:00-1:00 Volunteerism F Gold Coast Farms 11:00-12:00 Schizophrenia Alliance 114 11:00-12:15 DBSA 108 12:00-1:00 Social Time LR 1:00-2:00 Self Empowerment 108 (H) 895 9260 2224 1:30-2:30 Beginning Computer 109 **Returning Group** Laughter Yoga 111 (H) 813 5117 8684 2:00-4:00 Bowling at Concourse 2:15-3:15 Anger Management 108 (H) 897 1661 6727 Glass Arts/Mosaics 113 3:30-4:30 Bingo 113 Karaoke 108 Chess Club 114	7 9:15-9:45 Ice Breaker LR 9:45-10:45 Wellness Wednesday 114 Gardening OS NAMI Connection 108 (H) 824 5047 2205 9:45-11:15 Art Workshop 113 10:00-10:30 Walk & Talk OS 10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371 11:00-12:00 Community Meeting LR Hybrid-Zoom/Onsite 830 4709 0440 12:00-1:00 Social Time LR (H) 823 6633 6837 12:00-3:00 Volunteerism F Food Distribution 1:00-2:00 ASL-Sign Language 108 **Extended Time** 1:00-2:30 WRAP 114 (H) 832 7126 3020 1:00-2:30 West African Drumming 111 1:00-2:30 Jewelry Design 113 **New Time** 2:30-4:00 Chess Club 114 2:15-3:15 Grupo de Apoyo 108 2:30-3:30 Let's Go Virtual Tours LR (H) 878 0973 2294 2:30-4:00 Crochet 111 3:30-4:30 Journaling 113 Good Vibes Circle LR	8 9:15-9:45 Ice Breaker LR 9:45-10:45 Enlightenment 108 Tai Chi 107/OS (H) 865 9998 9663 10:00-11:00 Healthy Living 114 (H) 841 6593 6409 Depression Bipolar Support Alliance 108 (H) 874 1407 2502 10:00-1:00 Social Outing South Coast Plaza F 11:00-12:00 Open Discussion 108 Brain Health 114 Fresh Flower Design 113 11:00-12:30 Campus Sport Activities OS 12:00-1:00 Social Time LR 1:00-2:00 Juicing K Education Support 114 Positive Thinking 107 (H) 841 4238 8927 1:00-2:30 Music Academy 108 (H) 885 0804 0727 2:00-2:50 Job Club 114 825 6044 5629 Passcode: 861305 Wellness Center Central Will be closing early today at 3:00 pm Please make appropriate transportation arrangements	9 9:15-9:45 Ice Breaker LR 9:45-10:45 Social Anxiety 108 9:45-11:15 Cooking K 10:00-11:30 Arts & Crafts 113 11:00-12:00 LGBTQ+(Closed)114 Looking Good-Feeling Good 108 Stay Fit Friday 107/OS 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-1:30 Ambassador Meeting/ PPSP 114 1:00-2:00 AA Open Meeting 107 Mindfulness 111 1:00-2:30 Campus Sport Activities OS 1:45-4:45 Volunteerism F Riverbed Farms 2:15-3:15 Women's Group 114 (H) 875 7924 1408 Men's Group 108 (H) 827 3339 4133 Balance & Boundaries 111 3:30-4:30 Good Vibes Circle LR Chess Club 114 Rock 'n' Roll (H) 107 836 8919 8119 3:30-5:00 Glass Arts/Mosaics 113 5:00-8:00 Social Hour LR, 113, 108	10 9:15-9:45 Ice Breaker LR 9:45-10:45 Coping Skills 108 10:00-12:00 Jewelry Design 113 10:15-11:15 Schizophrenia Alliance 114 10:45-12:00 Friends, Food & Fun K 11:00-3:00 Matinee Movie AMC at The Outlets of Orange 12:00-1:00 Topic of the Day 108 (H) 810 6071 6338 1:00-2:00 NAMI Connection 108 (H) 825 2384 8811 Choir-Come Sing With Us 107 (H) 857 3185 8460 2:15-4:25 Art Workshop 113 In House Cinema LR Bingo 114 

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Wellness Center Central

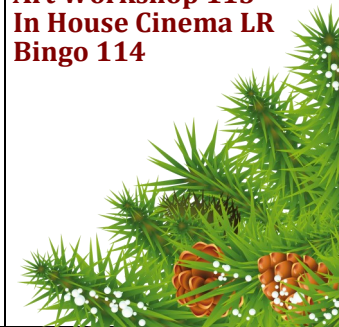
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Group Descriptions

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.

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

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.

Choir- This class offers an opportunity for members to sing fun/popular songs and perform at various events in the community.

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- 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 Specialist anytime.

Fresh floral design- Members explore how to create beautiful floral arrangements with fresh flowers, vases or holiday related containers.

Floral Design- Members learn how to create beautiful floral arrangements with faux flowers, vases or holiday related containers.

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- 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.

Glass Arts/Etching & Mosaics- In these classes members practice many forms of glass art including stained glass, etching and mosaics.

NAMI Connections- NAMI Connection is a recovery support group for adults living with mental illness where members learn from sharing experiences and 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.

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 Support Group- 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!

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.

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.*

Brain Health- This group discusses ways to improve one's memory and introduces practical memory techniques, overall health of the brain and what science newly discovers on brain health.

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 a court located at the Wellness Center campus.

Cooking Classes- 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.

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

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.

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

Laughter Yoga demonstrates using breath and voluntary laughter giving the same physiological & psychological benefits as spontaneous laughter.

Smoothies- Learn to make delicious homemade fresh smoothies for health benefits and treats.

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.

Resilience- Learn the ability to bounce back, recover, develop a stronger capacity to respond to adversity and even build inner strength and boost confidence in many areas of life.

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.

Ambassador Meeting/PPSP- WCC Peer Partner Support Program & Ambassador Program for members who wish to share the recovery they have experienced to assist & support other members.

American History- Learn about American History from a knowledgeable historian. Hear the history of early settlers and how their travels/experiences helped to shape our country.

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 Director- Spend a little time with WCC Director to share ideas, give feedback and suggestions.

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 build your chess playing skills and strategies each week or learn the game from some experienced players.

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.

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

Let's Go-Virtual Tours- Let's travel virtually to locations and learn about their history, experiences, art, etc.

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- This group provides support for members to help them through their recovery, self-esteem, confidence, etc. It is also a group that discuss various subjects.

Social Hour- This group provides a great opportunity for members to come out and socialize with others through Karaoke, Wii Sports, Bingo and other games.

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.

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.

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 the recovery.