



Wellness Center Central Community Newsletter

AUGUST 2023

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Wellness Center Central Mission Statement

To provide a safe and nurturing environment for each individual to achieve their vision of recovery while promoting acceptance, dignity and social inclusion.

Community News Flash!

- ◇ All 3 Wellness Centers Present: Bowling Tournament on Wednesday August 9, 2023, 2 p.m. at Concourse Bowling.
- ◇ Multicultural Celebration, August 25 at 2 p.m.- 4 p.m.
- ◇ LGBTQ+ Support Group, second Friday of every month from 11 a.m. - 12 p.m.

- **Contact the Employment and Education Specialist, Mario Ibarra at (949) 406-9687, for any employment and education support.**
- **Contact Diana Hua at (626) 373-0157 to get WRAP information and resources.**

WELLNESS CENTER CENTRAL
401 South Tustin Street, Building C
Orange, CA 92866
Phone: 714-361-4860 Fax: 714-361-4861
www.wellnesscenteroc.com

Operational Hours:
Monday-Thursday 9:00 a.m. - 5p.m.
Friday: 9:00 a.m. - 8 p.m.
Saturday: 9:00 a.m. - 5 p.m.

Healing with Art by: Rose Larson



Healing with Art is the process of using art as a tool for self-expression and self-exploration. Rose Larson, Peer Support Specialist, is the facilitator of this creative method, there is not a therapist guiding it. Wellness Center Central does not offer therapy, diagnosis, or assessment services. The focus remains on member to take charge of their own exploration and recovery. This process is not considered “Art Therapy”, however many benefit from using art as a creative way to process their feelings.

Inspirational Quotes

“The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.” – **Winston Churchill**

“If you are working on something that you really care about, you don’t have to be pushed. The vision pulls you.” – **Steve Jobs**

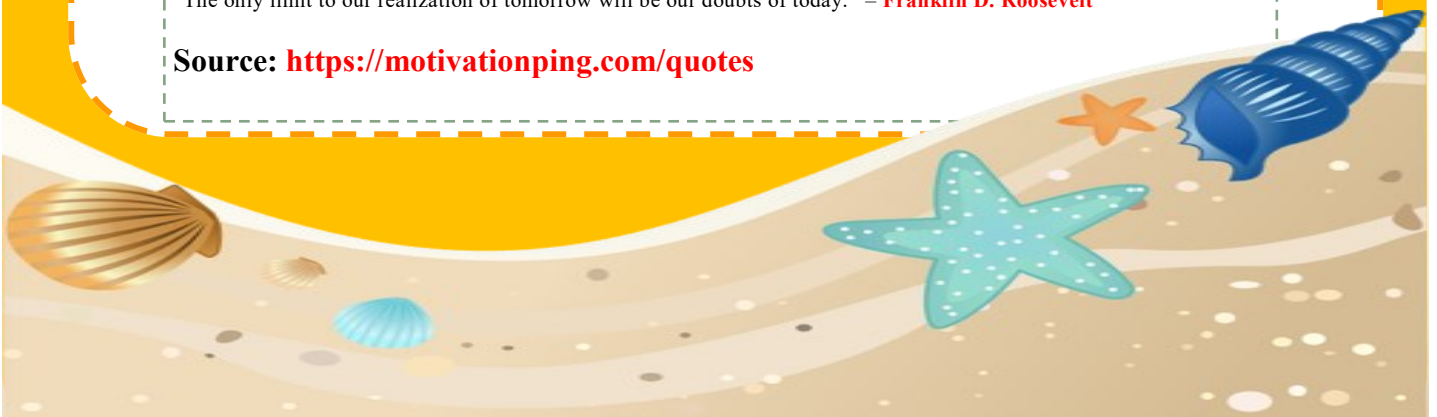
“People who are crazy enough to think they can change the world, are the ones who do.” – **Rob Siltanen**

“We may encounter many defeats but we must not be defeated.” – **Maya Angelou**

“The man who has confidence in himself gains the confidence of others.” – **Hasidic Proverb**

“The only limit to our realization of tomorrow will be our doubts of today.” – **Franklin D. Roosevelt**

Source: <https://motivationping.com/quotes>



How the Wellness Center Central Helped Me

Written By: Jenny D.

At the end of 2022, I was in a deep depression and isolation. So, my doctor recommended that I should try going to the Wellness Center in Orange because some of her other clients said that it was really helpful for them. I found the calendar online and decided to try the Art and Jewelry groups thinking that those would be the only groups I would enjoy. But, as I got to know the members and staff, I felt comfortable attending the talk support groups also.

The Staff, Member Advisory Board, and Ambassadors were also very kind and welcoming to me as a new member too, so it was easier to make friends than I thought it would be. I was also blessed to make a deep friendship with another member whom I spend time with outside of the Wellness Center.

And even though I am ready to get a job right now, the Wellness Center's connection with the Goodwill Employment Works had encouraged me to use my time wisely. I like attending their groups because I know that the information they teach will benefit me in the future. Currently, my favorite groups are Chess Club, DBSA, Cooking Class, and Social Time. I have learned and healed so much because of the Wellness Center, so I make going a priority to feel good about myself and to help others as well.

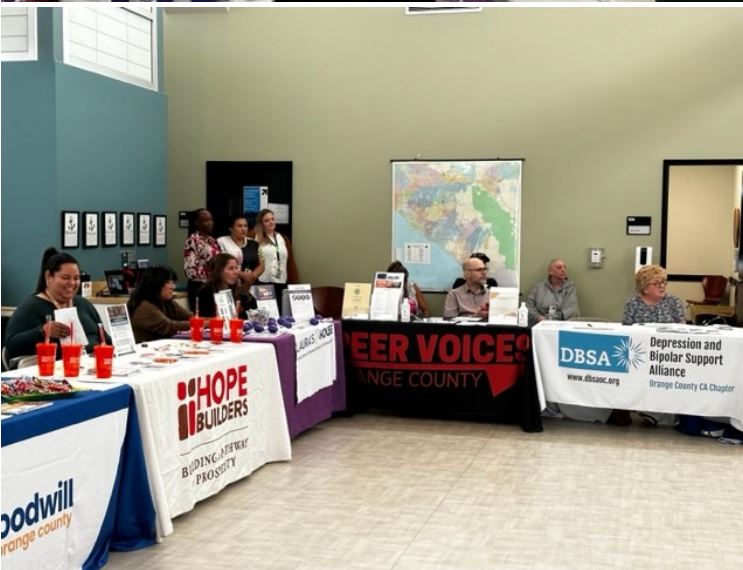


Meeting of the Minds 2023



The Wellness Center Central presented “Recovery Lives” workshop at the Meeting of the Minds Conference on May 5, 2023. Members and staff shared their journey to recovery from mental illness and substance use disorder. The Meeting of the Minds was an amazing event and we are looking forward to attending this conference again next year.

Education Fair 2023



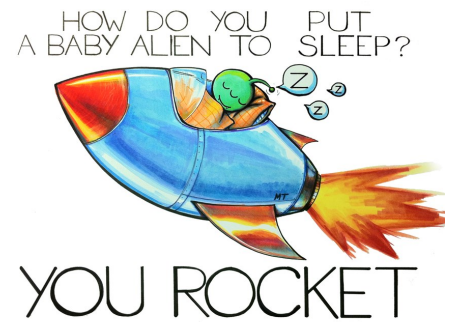
The Wellness Center Central had a very successful annual Education Fair on Friday 6/22/23. Many agencies provide educational opportunities for our community such as DBSA National Facilitator Trainer, Hope Builder, Peer Voices of OC, Goodwill, Department of Rehabilitation and North Orange Continuing Education. We are grateful to all of our community partners who provided resources to our members and we hope our members will benefit from the many opportunities that were offered to them.



Comedy Corner

A proud and confident genius makes a bet with an idiot. The genius says, "Hey idiot, every question I ask you that you don't know the answer, you have to give me \$5. And if you ask me a question and I can't answer yours I will give you \$5,000." The idiot says, "Okay." The genius then asks, "How many continents are there in the world?" The idiot doesn't know and hands over the \$5. The idiot says, "Now I ask: what animal stands with two legs but sleeps with three?" The genius tries and searches very hard for the answer but gives up and hands over the \$5000. The genius says, "Dang it, I lost. By the way, what was the answer to your question?" The idiot hands over \$5.

Source: www.laughfactory.com



Did You Know?

Did you know Viking men wore makeup.

Did you know you can get your eyeballs tattooed.

Did you know it would cost \$18.3 million to make a replica Darth Vader suit.

Did you know Einstein slept 10 hours a night.

Did you know Peru has more pyramids than Egypt.

Did you know a giraffe can go longer without water than a camel.

Did you know you burn more calories sleeping than watching TV.

Did you know there are more chickens than people.

Did you know America top selling ice cream flavor is vanilla.

Did you know human thigh bones are stronger than concrete.

Did you know you begin to feel thirsty when your body losses 1% of water.

Source: www.did-you-knows.com

Artist Showcase



Humming Bird in Flight
By: Robin G.

Vision, Mission and Values

Our Mission:

To provide a safe and nurturing environment for each individual to achieve their vision of recovery while promoting acceptance, dignity and social inclusion.

Sudoku Challenge

	6		8	2		3		
				7		1		
9							5	
	4		7					5
8				9				6
5					3		7	
	2							3
		9		6				
		7		1	4		9	

Please contact us by phone at 714-361-4860 or
our website at wellnesscenteroc.com
Become a member today! Membership is free!