

Wellness Center Central

Remote Tele-Groups **April 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
8:30am – 5:00pm

				Thursday	Friday	
<p>Employment Support By Appointment</p> <p>~~~~~</p> <p>To consult with our Employment Specialist Janice, please call (949) 406-9687</p>	<p>Education Support By Appointment</p> <p>~~~~~</p> <p>If you are interested in Returning to school, Please call William at (714) 714-5813 for help, support and ideas</p>	<p>For Help with your Wellness Recovery Action Plan (WRAP)</p> <p>~~~~~</p> <p>Please call Diana for Assistance at (626) 373-0157</p>	<p>1</p> <p>***No Ice Breaker*** ~~Staff in Meeting~~ <u>10:00-11:00</u> LGBTQ+ Closed Group 890 9309 7264 <u>10:00-11:00</u> Healthy Living 841 6593 6409 <u>11:15-12:15</u> Fundamentals of Drawing 889 8900 5962 <u>11:15-12:15</u> Music Academy 885 0804 0727 <u>12:45-1:45</u> Journaling 818 2639 3198 <u>1:15-2:15</u> Resilience 840 0448 2378 <u>2:00-3:00</u> Chat with the Director Hybrid-Onsite/Zoom 898 2795 9175 <u>2:15-3:15</u> Al-Anon 898 7140 4630 <u>3:30-4:45</u> DBSA 874 1407 2502</p>	<p>2</p> <p><u>9:00-9:30</u> Ice Breaker 857 2424 3091 <u>9:45-10:45</u> Women's Group 875 7924 1408 <u>9:45-10:45</u> Men's Group 827 3339 4133 <u>11:15-12:15</u> Living & Thriving 871 5641 2433 <u>12:45-1:45</u> Positive Thinking 885 8229 8584 <u>12:45-1:45</u> Enlightenment 816 7974 9814 <u>2:15-3:15</u> Self Empowerment 820 1729 4893 <u>3:00-4:00</u> Brain Health 829 5016 9948 <u>3:45-4:45</u> Social Hour 871 1223 3961</p>	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Please Note</p> </div> <p>Onsite Groups will now be held Monday Through Saturday</p> <p>We look Forward to seeing you onsite, so... Please call 714-361-4860 for your Appointment</p> <p>Please be on time so you don't lose your reservation. 30 minute limit!</p> <p>~~~~~</p>	
<p>Translators are available upon request in:</p> <p>Spanish, Vietnamese, Farsi, Chinese and Korean</p>	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Job Fair</p> </div> <p>Please join us for our Job Fair 4/28/2021 11:00am to 12:30pm On Zoom # 830 4709 0440</p>	<p>~~~~~</p> <p>MAB Agenda Mtg. 4/15/2021 11:00-11:30</p> <p>~~~~~</p> <p>MAB Mtg. 4/16/2021 11:00-12:30</p> <p>~~~~~</p> <p>Closed Groups</p>	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>UPDATED EFFECTIVE APRIL 12, 2021</p> </div>			

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	Thursday	Friday	Saturday
<div data-bbox="331 207 787 386" style="text-align: center;">  <p>Have A Look!</p> </div> <p data-bbox="277 409 821 685" style="text-align: center;">Please view our BLOG at www.wellnesscenteroc.com for fun, informative ideas and resources.</p> <p data-bbox="233 711 865 922" style="text-align: center;">If you have any suggestions, comments, or blogs to contribute, please email them to</p> <p data-bbox="233 954 865 1058" style="text-align: center;">~~~~~ Sohail.Eftekharzadeh@pathways.com ~~~~~</p>	<p>1 <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker</p> <p><u>9:45-10:35</u> Dual Recovery</p> <p><u>10:35-10:50</u> Break</p> <p><u>10:55-11:40</u> Self-Empowerment</p> <p><u>11:40-12:00</u> Social Time</p>	<p>2 <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker</p> <p><u>9:45-10:35</u> Social Anxiety Support</p> <p><u>10:35-10:50</u> Break</p> <p><u>10:55-11:40</u> Diversity</p> <p><u>11:40-12:00</u> Social Time</p>	<p>3 <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker</p> <p><u>9:45-10:35</u> Coping Skills</p> <p><u>10:35-10:50</u> Break</p> <p><u>10:55-11:40</u> Topic of the Day</p> <p><u>11:40-12:00</u> Social Time</p>
	<p><u>12:00-1:30</u> WCC Closed for Cleaning</p>	<p><u>12:00-1:30</u> WCC Closed for Cleaning</p>	<p><u>12:00-1:30</u> WCC Closed for Cleaning</p>
	<p><u>1:30-1:45</u> Check-In/Screenings</p> <p><u>1:45-2:15</u> Ice Breaker</p> <p><u>2:00-3:00</u> Chat with the Director Hybrid-Onsite/Zoom 898 2795 9175</p> <p><u>3:05-3:20</u> Break</p> <p><u>3:20-4:10</u> Narcotics Anonymous</p> <p><u>4:10-4:30</u> Social Time</p>	<p><u>1:30-1:45</u> Check-In/Screenings</p> <p><u>1:45-2:15</u> Ice Breaker</p> <p><u>2:15-3:05</u> Karaoke</p> <p><u>3:05-3:20</u> Break</p> <p><u>3:20-4:10</u> Bingo</p> <p><u>4:10-4:30</u> Social Time</p>	<p><u>1:30-1:45</u> Check-In/Screenings</p> <p><u>1:45-2:15</u> Ice Breaker</p> <p><u>2:15-3:05</u> Schizophrenia Alliance</p> <p><u>3:05-3:20</u> Break</p> <p><u>3:20-4:10</u> Social Hour</p> <p><u>4:10-4:30</u> Social Time</p>
<div data-bbox="184 1166 913 1578" style="border: 2px solid green; padding: 10px;"> <p data-bbox="212 1221 886 1523" style="text-align: center;">When you can't join us onsite, join our Zoom online groups and encourage your fellow members to join us too! Together we will maintain our well-being!</p> </div>			

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Monday	Tuesday	Wednesday	Thursday	Friday	
<p>5</p> <p><u>9:00-9:30</u> Ice Breaker 857 2424 3091</p> <p><u>9:45-10:45</u> Dual Recovery Anon 847 7808 6908</p> <p><u>11:15-12:15</u> Social Time 816 6509 8070</p> <p><u>11:15-12:15</u> Yoga 889 7480 3364</p> <p><u>12:45-1:45</u> MH During Pandemic 869 9611 0366</p> <p><u>2:15-3:15</u> Healthy Relationships 856 3239 8128</p> <p><u>2:15-3:15</u> Coping Skills 839 0404 8069</p> <p><u>3:30-4:30</u> Meditation 815 1500 0503</p> <p><u>3:30-4:30</u> Better Days 816 7681 1961</p>	<p>6</p> <p><u>9:00-9:30</u> Ice Breaker 857 2424 3091</p> <p><u>10:00-11:15</u> Depression Bipolar Support Alliance 870 7910 6579</p> <p><u>11:15-12:15</u> Schizophrenia Alliance 831 5963 1197</p> <p><u>12:45-1:45</u> American History 818 6899 2601</p> <p><u>**New Day & Time**</u> <u>12:45-1:45</u> Goal Setting 810 7080 6108</p> <p><u>2:15-3:15</u> AA Open Meeting 836 0460 9371</p> <p><u>2:15-3:15</u> Nutrition 101 828 4508 0989</p> <p><u>3:15-4:15</u> Let's Exercise 844 0561 4272</p> <p><u>3:30-4:45</u> Choir 857 3185 8460</p>	<p>7</p> <p><u>9:00-9:30</u> Ice Breaker 857 2424 3091</p> <p><u>10:00-11:15</u> NAMI Connection 824 5047 2205</p> <p><u>11:15-12:15</u> Community Meeting 830 4709 0440</p> <p><u>12:45-1:45</u> MH During Pandemic 869 9611 0366</p> <p><u>12:45-1:45</u> WRAP 886 2747 7849</p> <p><u>2:15-2:45</u> PPSP/Ambassador 852 3019 6728</p> <p><u>3:30-4:30</u> Social Hour 828 9564 4563</p> <p><u>3:45-4:45</u> Let's Go Virtual Tours 841 4044 7453</p> <p><u>3:45-4:45</u> Poetry 811 3705 9799</p> <div style="border: 2px solid yellow; padding: 5px; text-align: center;"> <p>Community Meeting This Wednesday 11:15-12:15 Join Us!!</p> </div>	<p>8</p> <p>***No Ice Breaker*** ~~Staff in Meeting~~</p> <p><u>10:00-11:00</u> Healthy Living 841 6593 6409</p> <p><u>11:15-12:15</u> Fundamentals of Painting 812 0744 5423</p> <p><u>11:15-12:15</u> Music Academy 885 0804 0727</p> <p><u>12:45-1:45</u> Journaling 818 2639 3198</p> <p><u>1:15-2:15</u> Resilience 840 0448 2378</p> <p><u>2:00-3:00</u> Chat with the Director Hybrid-Onsite/Zoom 898 2795 9175</p> <p><u>2:15-3:15</u> Al-Anon 898 7140 4630</p> <p><u>3:30-4:45</u> Depression Bipolar Support Alliance 874 1407 2502</p>	<p>9</p> <p><u>9:00-9:30</u> Ice Breaker 857 2424 3091</p> <p><u>9:45-10:45</u> Women's Group 875 7924 1408</p> <p><u>9:45-10:45</u> Men's Group 827 3339 4133</p> <p><u>11:15-12:15</u> Living & Thriving 871 5641 2433</p> <p><u>12:45-1:45</u> Positive Thinking 885 8229 8584</p> <p><u>12:45-1:45</u> Enlightenment 816 7974 9814</p> <p><u>2:15-3:15</u> Self Empowerment 820 1729 4893</p> <p><u>3:00-4:00</u> Brain Health 829 5016 9948</p> <p><u>3:45-4:45</u> Social Hour 871 1223 3961</p>	<div style="border: 2px solid green; padding: 10px; text-align: center;"> <p>Please Note</p> <p>Onsite Groups will now be held Monday Through Saturday We look Forward to seeing you onsite, so... Please call 714-361-4860 for your Appointment Please be on time so you don't lose your reservation. 30 minute limit!</p> <p>~~~~~</p> </div>

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Monday	Tuesday	Wednesday	Thursday	Friday	
5 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> DBSA <u>10:35-10:50</u> Break <u>10:55-11:40</u> Scrapbooking <u>11:40-12:00</u> Social Time	6 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> WRAP <u>10:35-10:50</u> Break <u>10:55-11:40</u> Fun With Games <u>11:40-12:00</u> Social Time	7 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Coping Skills <u>10:35-10:50</u> Break <u>10:55-11:40</u> Gardening <u>11:40-12:00</u> Social Time	8 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Dual Recovery <u>10:35-10:50</u> Break <u>10:55-11:40</u> Self-Empowerment <u>11:40-12:00</u> Social Time	9 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Social Anxiety Support <u>10:35-10:50</u> Break <u>10:55-11:40</u> Diversity <u>11:40-12:00</u> Social Time	10 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Coping Skills <u>10:35-10:50</u> Break <u>10:55-11:40</u> Topic of the Day <u>11:40-12:00</u> Social Time
<u>12:00-1:30</u> WCC Closed for Cleaning	<u>12:00-1:30</u> WCC Closed for Cleaning	<u>12:00-1:30</u> WCC Closed for Cleaning	<u>12:00-1:30</u> WCC Closed for Cleaning	<u>12:00-1:30</u> WCC Closed for Cleaning	<u>12:00-1:30</u> WCC Closed for Cleaning
<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Alcoholics Anonymous <u>3:05-3:20</u> Break <u>3:20-4:10</u> Goal Setting <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Anger Management <u>3:05-3:20</u> Break <u>3:20-4:10</u> Bingo <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Relapse Prevention <u>3:05-3:20</u> Break <u>3:20-4:10</u> Depression Bipolar Support Alliance <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:00-3:00</u> Chat with the Director Hybrid-Onsite/Zoom 898 2795 9175 <u>3:05-3:20</u> Break <u>3:20-4:10</u> Break <u>3:20-4:10</u> Narcotics Anonymous <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Karaoke <u>3:05-3:20</u> Break <u>3:20-4:10</u> Bingo <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Schizophrenia Alliance <u>3:05-3:20</u> Break <u>3:20-4:10</u> Social Hour <u>4:10-4:30</u> Social Time

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<p>12</p> <p><u>9:45-10:45</u> Dual Recovery Anon 108 Hybrid-Onsite/Zoom 847 7808 6908</p> <p><u>11:15-12:15</u> Yoga 889 7480 3364</p> <p><u>12:45-1:45</u> MH During Pandemic 869 9611 0366</p> <p><u>2:15-3:15</u> Anger Management 890 7733 5952</p> <p><u>2:15-3:15</u> Healthy Relationships 856 3239 8128</p> <p><u>3:30-4:30</u> Better Days 816 7681 1961</p>	<p>13</p> <p><u>10:00-11:00</u> Journaling 818 2639 3198</p> <p><u>11:15-12:15</u> Schizophrenia Alliance 831 5963 1197</p> <p><u>12:45-1:45</u> American History 818 6899 2601</p> <p><u>2:15-3:15</u> AA Open Meeting Hybrid-Onsite/Zoom 836 0460 9371</p> <p><u>2:15-3:15</u> Nutrition 101 828 4508 0989</p> <p><u>3:30-4:45</u> Choir 857 3185 8460</p>	<p>14</p> <p><u>9:45-10:45</u> NAMI Connection 824 5047 2205</p> <p><u>10:55-11:55</u> Community Meeting Hybrid-Onsite/Zoom 830 4709 0440</p> <p><u>12:45-1:45</u> WRAP 886 2747 7849</p> <p><u>1:45-2:45</u> Cooking 848 1575 3232</p> <p><u>2:45-3:45</u> Let's Go Virtual Tours 841 4044 7453</p> <p><u>3:45-4:45</u> Poetry 811 3705 9799</p> <div style="border: 2px solid yellow; padding: 5px; text-align: center;"> <p>Community Meeting Every Wednesday 10:55-11:55 Join Us!!</p> </div>	<p>15</p> <p><u>10:00-11:00</u> LGBTQ+ Closed Group 890 9309 7264</p> <p><u>10:00-11:00</u> Healthy Living 841 6593 6409</p> <p><u>11:15-12:15</u> Fundamentals of Drawing 889 8900 5962</p> <p><u>11:15-12:15</u> Music Academy 885 0804 0727</p> <p><u>2:15-3:15</u> Chat with the Director Hybrid-Onsite/Zoom 898 2795 9175</p> <p><u>2:15-3:15</u> Al-Anon 898 7140 4630</p> <p><u>3:30-4:45</u> Depression Bipolar Support Alliance 874 1407 2502</p>	<p>16</p> <p><u>9:45-10:45</u> Women's Group 875 7924 1408</p> <p><u>9:45-10:45</u> Men's Group 827 3339 4133</p> <p><u>10:55-11:55</u> Hybrid-Onsite/Zoom Social Time LR 869 061 54927</p> <p><u>11:15-12:15</u> Positive Thinking 885 8229 8584</p> <p><u>12:45-1:45</u> Enlightenment 816 7974 9814</p> <p><u>2:15-3:15</u> Self Empowerment 820 1729 4893</p> <p><u>3:00-4:00</u> Brain Health 829 5016 9948</p> <p><u>3:45-4:45</u> Social Hour 871 1223 3961</p>	<div style="border: 1px solid black; background-color: green; color: yellow; padding: 5px; display: inline-block; font-weight: bold;">Please Note</div> <p>Onsite Groups will now be held Monday Through Saturday We look Forward to seeing you onsite, so... Please call 714-361-4860 for your Appointment Please be on time so you don't lose your reservation. 30 minute limit!</p> <p>~~~~~</p>

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<p>12 <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Scrapbooking 113</p> <p><u>9:45-10:45</u> Dual Recovery Anon 108 Hybrid-Onsite/Zoom 847 7808 6908</p> <p><u>10:55-11:55</u> DBSA 108</p> <p><u>10:55-11:55</u> Nutrition 101 114</p>	<p>13 <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> WRAP 114</p> <p><u>9:45-10:45</u> Self-Empowerment 108</p> <p><u>10:55-11:55</u> Fun With Games 114</p> <p><u>10:55-11:55</u> Positive Thinking 108</p>	<p>14 <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Coping Skills 108</p> <p><u>9:45-10:45</u> Art Workshop 113</p> <p><u>9:45-10:45</u> Gardening OS</p> <p><u>10:55-11:55</u> Community Meeting Hybrid-Onsite/Zoom 830 4709 0440</p>	<p>15 <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Exercise OS</p> <p><u>9:45-10:45</u> Enlightenment 108</p> <p><u>10:55-11:55</u> Self-Empowerment 108</p> <p><u>10:55-11:55</u> Steps To Success OS</p>	<p>16 <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Social Anxiety 108</p> <p><u>9:45-10:45</u> Arts & Crafts 113</p> <p><u>10:55-11:55</u> Diversity 108</p> <p><u>10:55-11:55</u> Hybrid-Onsite/Zoom Social Time LR 869 061 54927</p>	<p>17 <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:35</u> Coping Skills 108</p> <p><u>9:45-10:35</u> Jewelry Design 113</p> <p><u>10:55-11:55</u> Topic of the Day 108 Hybrid-Onsite/Zoom 810 607 16338</p> <p><u>10:55-11:55</u> Schizophrenia Alliance 108</p>
12:00-1:30 Closed	12:00-1:30 Closed	12:00-1:30 Closed	12:00-1:30 Closed	12:00-1:30 Closed	12:00-1:30 Closed
<p><u>1:30-1:45</u> Check-In/Screenings</p> <p><u>1:45-2:15</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Coping Skills 108</p> <p><u>2:15-3:15</u> Floral Design 113</p> <p><u>3:25-4:25</u> Goal Setting 108</p> <p><u>3:25-4:25</u> Chess Club 114</p>	<p><u>1:30-1:45</u> Check-In/Screenings</p> <p><u>1:45-2:15</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Anger Management 108</p> <p><u>2:15-3:15</u> AA Open Meeting 114 Hybrid-Onsite/Zoom 836 0460 9371</p> <p><u>3:25-4:25</u> Bingo 113</p> <p><u>3:25-4:25</u> Karaoke 108</p>	<p><u>1:30-1:45</u> Check-In/Screenings</p> <p><u>1:45-2:15</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> DBSA 108</p> <p><u>2:15-3:15</u> Jewelry Design 113</p> <p><u>3:25-4:25</u> Relapse Prevention 108</p> <p><u>3:25-4:25</u> Journaling 113</p>	<p><u>1:30-1:45</u> Check-In/Screenings</p> <p><u>1:45-2:15</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Chat with the Director Hybrid-Onsite/Zoom 898 2795 9175</p> <p><u>2:15-3:15</u> Chess 114</p> <p><u>3:25-4:25</u> NA Open Meeting 114</p> <p><u>3:25-4:25</u> DBSA 108</p>	<p><u>1:30-1:45</u> Check-In/Screenings</p> <p><u>1:45-2:15</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Karaoke LR</p> <p><u>2:15-3:15</u> Balance & Boundaries 108</p> <p><u>3:25-4:25</u> Bingo 113</p> <p><u>3:25-4:25</u> Social Circle 108</p>	<p style="text-align: center;">Community Meeting Every Wednesday 10:55-11:55 Join Us!!</p>

Wellness Center Central

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Orange, CA 92866
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www.wellnesscenteroc.com

Temporary Hours of Operation
Monday-Friday
8:30am – 5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>19</p> <p><u>9:45-10:45</u> Dual Recovery Anon 108 Hybrid-Onsite/Zoom 847 7808 6908</p> <p><u>11:15-12:15</u> Yoga 889 7480 3364</p> <p><u>12:45-1:45</u> MH During Pandemic 869 9611 0366</p> <p><u>2:15-3:15</u> Coping Skills 839 0404 8069</p> <p><u>2:15-3:15</u> Healthy Relationships 856 3239 8128</p> <p><u>3:30-4:30</u> Better Days 816 7681 1961</p>	<p>20</p> <p><u>10:00-11:00</u> Journaling 818 2639 3198</p> <p><u>11:15-12:15</u> Schizophrenia Alliance 831 5963 1197</p> <p><u>12:45-1:45</u> American History 818 6899 2601</p> <p><u>2:15-3:15</u> AA Open Meeting Hybrid-Onsite/Zoom 836 0460 9371</p> <p><u>2:15-3:15</u> Nutrition 101 828 4508 0989</p> <p><u>3:30-4:45</u> Choir 857 3185 8460</p>	<p>21</p> <p><u>9:45-10:45</u> NAMI Connection 824 5047 2205</p> <p><u>10:55-11:55</u> Community Meeting Hybrid-Onsite/Zoom 830 4709 0440</p> <p><u>12:45-1:45</u> WRAP 886 2747 7849</p> <p><u>1:45-2:15</u> PPSP/Ambassador 852 3019 6728</p> <p><u>2:45-3:45</u> Let's Go Virtual Tours 841 4044 7453</p> <p><u>3:45-4:45</u> Poetry 811 3705 9799</p> <div style="border: 2px solid yellow; padding: 5px; text-align: center;"> <p>Community Meeting Every Wednesday 10:55-11:55 Join Us!!</p> </div>	<p>22</p> <p><u>10:00-11:00</u> Healthy Living 841 6593 6409</p> <p><u>11:15-12:15</u> Fundamentals of Painting 812 0744 5423</p> <p><u>11:15-12:15</u> Music Academy 885 0804 0727</p> <p><u>2:15-3:15</u> Chat with the Director Hybrid-Onsite/Zoom 898 2795 9175</p> <p><u>2:15-3:15</u> Al-Anon 898 7140 4630</p> <p><u>3:30-4:45</u> Depression Bipolar Support Alliance 874 1407 2502</p>	<p>23</p> <p><u>9:45-10:45</u> Women's Group 875 7924 1408</p> <p><u>9:45-10:45</u> Men's Group 827 3339 4133</p> <p><u>10:55-11:55</u> Hybrid-Onsite/Zoom Social Time LR 869 061 54927</p> <p><u>11:15-12:15</u> Positive Thinking 885 8229 8584</p> <p><u>12:45-1:45</u> Enlightenment 816 7974 9814</p> <p><u>2:15-3:15</u> Self Empowerment 820 1729 4893</p> <p><u>3:00-4:00</u> Brain Health 829 5016 9948</p> <p><u>3:45-4:45</u> Social Hour 871 1223 3961</p>	<div style="border: 1px solid green; padding: 5px; text-align: center; background-color: yellow;"> <p>Please Note</p> </div> <p style="text-align: center; color: green; font-weight: bold; font-size: 1.2em;"> <i>Onsite Groups will now be held Monday Through Saturday We look Forward to seeing you onsite, so... Please call 714-361-4860 for your Appointment Please be on time so you don't lose your reservation. 30 minute limit!</i> </p> <p style="text-align: center; color: green;">~~~~~</p>

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Hours of Operation
Monday-Saturday
9:00am– 5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Scrapbooking 113 <u>9:45-10:45</u> Dual Recovery Anon 108 Hybrid-Onsite/Zoom 847 7808 6908 <u>10:55-11:55</u> DBSA 108 <u>10:55-11:55</u> Nutrition 101 114	20 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> WRAP 114 <u>9:45-10:45</u> Self-Empowerment 108 <u>10:55-11:55</u> Fun With Games 114 <u>10:55-11:55</u> Positive Thinking 108	21 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Coping Skills 108 <u>9:45-10:45</u> Art Workshop 113 <u>9:45-10:45</u> Art Workshop 113 <u>10:55-11:55</u> Community Meeting Hybrid-Onsite/Zoom 830 4709 0440	22 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Exercise OS <u>9:45-10:45</u> Enlightenment 108 <u>10:55-11:55</u> Self-Empowerment 108 <u>10:55-11:55</u> Steps To Success OS	23 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Social Anxiety 108 <u>9:45-10:45</u> Arts & Crafts 113 <u>10:55-11:55</u> Diversity 108 <u>10:55-11:55</u> Hybrid-Onsite/Zoom Social Time LR 869 061 54927	24 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:35</u> Coping Skills 108 <u>9:45-10:35</u> Jewelry Design 113 <u>10:55-11:55</u> Topic of the Day 108 Hybrid-Onsite/Zoom 810 607 16338 <u>10:55-11:55</u> Schizophrenia Alliance 108
12:00-1:30 Closed	12:00-1:30 Closed	12:00-1:30 Closed	12:00-1:30 Closed	12:00-1:30 Closed	12:00-1:30 Closed
<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker LR <u>2:15-3:15</u> Coping Skills 108 <u>2:15-3:15</u> Floral Design 113 <u>3:25-4:25</u> Goal Setting 108 <u>3:25-4:25</u> Chess Club 114	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker LR <u>2:15-3:15</u> Anger Management 108 <u>2:15-3:15</u> AA Open Meeting 114 Hybrid-Onsite/Zoom 836 0460 9371 <u>3:25-4:25</u> Bingo 113 <u>3:25-4:25</u> Karaoke 108	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker LR <u>2:15-3:15</u> DBSA 108 <u>2:15-3:15</u> Jewelry Design 113 <u>3:25-4:25</u> Relapse Prevention 108 <u>3:25-4:25</u> Journaling 113	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker LR <u>2:15-3:15</u> Chat with the Director Hybrid-Onsite/Zoom 898 2795 9175 <u>2:15-3:15</u> Chess 114 <u>3:25-4:25</u> NA Open Meeting 114 <u>3:25-4:25</u> DBSA 108	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker LR <u>2:15-3:15</u> Karaoke LR <u>2:15-3:15</u> Balance & Boundaries 108 <u>3:25-4:25</u> Bingo 113 <u>3:25-4:25</u> Social Circle 108	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker LR <u>2:15-3:15</u> Art Workshop 113 <u>2:15-4:25</u> Movie Club LR
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<p>26</p> <p><u>9:45-10:45</u> Dual Recovery Anon 108 Hybrid-Onsite/Zoom 847 7808 6908</p> <p><u>11:15-12:15</u> Yoga 889 7480 3364</p> <p><u>12:45-1:45</u> MH During Pandemic 869 9611 0366</p> <p><u>2:15-3:15</u> Anger Management 890 7733 5952</p> <p><u>2:15-3:15</u> Healthy Relationships 856 3239 8128</p> <p><u>3:30-4:30</u> Better Days 816 7681 1961</p>	<p>27</p> <p><u>10:00-11:00</u> Journaling 818 2639 3198</p> <p><u>11:15-12:15</u> Schizophrenia Alliance 831 5963 1197</p> <p><u>12:45-1:45</u> American History 818 6899 2601</p> <p><u>2:15-3:15</u> AA Open Meeting Hybrid-Onsite/Zoom 836 0460 9371</p> <p><u>2:15-3:15</u> Nutrition 101 828 4508 0989</p> <p><u>3:30-4:45</u> Choir 857 3185 8460</p>	<p>28</p> <p><u>9:45-10:45</u> NAMI Connection 824 5047 2205</p> <div style="border: 2px solid yellow; padding: 5px; text-align: center;"> <p><u>11:00-12:30</u> Job Fair 830 4709 0440</p> </div> <p><u>12:45-1:45</u> WRAP 886 2747 7849</p> <p><u>1:45-2:45</u> Cooking 848 1575 3232</p> <p><u>2:45-3:45</u> Let's Go Virtual Tours 841 4044 7453</p> <p><u>3:45-4:45</u> Poetry 811 3705 9799</p>	<p>29</p> <p><u>10:00-11:00</u> LGBTQ+ Closed Group 890 9309 7264</p> <p><u>10:00-11:00</u> Healthy Living 841 6593 6409</p> <p><u>11:15-12:15</u> Fundamentals of Drawing 889 8900 5962</p> <p><u>11:15-12:15</u> Music Academy 885 0804 0727</p> <p><u>2:15-3:15</u> Chat with the Director Hybrid-Onsite/Zoom 898 2795 9175</p> <p><u>2:15-3:15</u> Al-Anon 898 7140 4630</p> <p><u>3:30-4:45</u> Depression Bipolar Support Alliance 874 1407 2502</p>	<p>30</p> <p><u>9:45-10:45</u> Women's Group 875 7924 1408</p> <p><u>9:45-10:45</u> Men's Group 827 3339 4133</p> <p><u>10:55-11:55</u> Hybrid-Onsite/Zoom Social Time LR 869 061 54927</p> <p><u>11:15-12:15</u> Positive Thinking 885 8229 8584</p> <p><u>12:45-1:45</u> Enlightenment 816 7974 9814</p> <p><u>2:15-3:15</u> Self Empowerment 820 1729 4893</p> <p><u>3:00-4:00</u> Brain Health 829 5016 9948</p> <p><u>3:45-4:45</u> Social Hour 871 1223 3961</p>	<div style="border: 2px solid yellow; padding: 10px; text-align: center;">  <p>Please join us for our Job Fair 4/28/2021 11:00am to 12:30pm On Zoom # 830 4709 0440</p> </div> <div style="border: 2px solid yellow; padding: 10px; text-align: center; margin-top: 10px;"> <p>Please join us at the WCC Community Meeting Every Wednesday 10:55am To 11:55pm</p> </div>

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