

Wellness Center Central

Onsite Groups **May 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

Saturday



**Member
Appreciation
Bar-B-Que
Pick-Up
May 21, 2021
12:00-3:00**

****Please**
call for your
pick-up
Appointment**

**When you can't join us onsite,
join our **Zoom** online groups
and encourage your fellow
members to join us too!**

May 31st

CLOSED

**For
Memorial
Day**

**No groups
online or
onsite**

**Have a
SAFE
and
FUN
Holiday**

Online

To join online
groups & classes
by phone, please
call
(213) 338-8477
& enter the
meeting number
when prompted.
To access groups
via computer,
please log on to

Zoom.com

& enter the
meeting number
under the join
link.

Or 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
if you need help

Onsite

**Onsite
Groups
will now
be held
Monday
Through
Saturday**

**We look
Forward to
seeing you on-
site, so...**

**Please call
714-361-4860
for your
Appointment
Please be on
time so you
don't lose your
reservation.
**30 minute
limit!****

~~~~~

**1**

**9:00-9:15  
Check-In/Screenings**

**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**

**12:00-1:30 Closed**

**1:30-1:45  
Check-In/Screenings**

**1:45-2:15  
Ice Breaker LR**

**2:15-3:15  
Art Workshop 113**

**2:15-4:25  
Movie Club LR**

# Wellness Center Central

Remote Tele-Groups **May 2021**

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Monday-Friday  
8:30am– 5:00pm

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br><br><u>9:45-10:45</u><br><b>Dual Recovery Anon 108</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>**New Time**</b><br><b>Healthy Relationships</b><br><b>856 3239 8128</b><br><br><u>2:15-3:15</u><br><b>Coping Skills</b><br><b>839 0404 8069</b><br><br><u>3:15-4:15</u><br><b>**New Group**</b><br><b>Breakthrough the</b><br><b>Barriers of Trauma</b><br><b>816 7681 1961</b> | <b>4</b><br><br><u>10:00-11:00</u><br><b>Journaling</b><br><b>818 2639 3198</b><br><br><u>11:15-12:15</u><br><b>Schizophrenia Alliance</b><br><b>831 5963 1197</b><br><br><u>12:45-1:45</u><br><b>American History</b><br><b>818 6899 2601</b><br><br><u>1:15-2:15</u><br><b>**New Time**</b><br><b>**New Name**</b><br><b>Eat Well, Live Well</b><br><b>828 4508 0989</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>**New Time**</b><br><b>Choir</b><br><b>857 3185 8460</b> | <b>5</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>1:45-2:15</u><br><b>PPSP/Ambassador</b><br><b>852 3019 6728</b><br><br><u>2:30-3:30</u><br><b>**New Time**</b><br><b>Let's Go Virtual Tours</b><br><b>841 4044 7453</b><br><br><u>3:30-4:30</u><br><b>**New Time**</b><br><b>Poetry</b><br><b>811 3705 9799</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>6</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>812 0744 5423</b><br><br><u>11:15-12:15</u><br><b>Music Academy</b><br><b>885 0804 0727</b><br><br><u>2:15-3:15</u><br><b>Chat with the Director</b><br><b>Hybrid-Onsite/Zoom</b><br><b>898 2795 9175</b><br><br><u>3:15-4:30</u><br><b>**New Time**</b><br><b>Depression Bipolar</b><br><b>Support Alliance</b><br><b>874 1407 2502</b> | <b>7</b><br><br><u>9:45-10:45</u><br><b>Women's Group</b><br><b>875 7924 1408</b><br><br><u>9:45-10:45</u><br><b>Men's Group</b><br><b>827 3339 4133</b><br><br><u>10:55-11:55</u><br><b>Hybrid-Onsite/Zoom</b><br><b>Social Time LR</b><br><b>869 061 54927</b><br><br><u>12:15-1:15</u><br><b>Enlightenment</b><br><b>816 7974 9814</b><br><br><u>1:30-2:30</u><br><b>**New Time**</b><br><b>Self Empowerment</b><br><b>820 1729 4893</b><br><br><u>3:45-4:45</u><br><b>**New Time**</b><br><b>Social Hour</b><br><b>871 1223 3961</b> | <div> <b>Please Note</b><br/><br/> To join online groups &amp; classes by phone, please call<br/> <b>(213) 338-8477</b><br/> &amp; enter the meeting number when prompted.<br/> To access groups via computer, please log on to<br/> <b>Zoom.com</b><br/> &amp; enter the meeting number under the join link.<br/> Or download the Zoom app from the App Store on your smartphone<br/> See our Blog at<br/> <a href="http://www.wellnesscenteroc.com">www.wellnesscenteroc.com</a><br/><br/> or call our main number<br/> <b>714-361-4860</b><br/> if you need help </div> |

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Monday-Friday

8:30am– 5:00pm

| Monday                                                                                                                                                                                                                                                                                                                          | Tuesday                                                                                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                                                                                                                | Friday                                                                                                                                                                                                                                                                                                                   | Saturday                                                                                                                                                                                                                                                                                                                                    |
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| <b>3</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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>10:55-11:55</u><br>DBSA 108<br><br><u>10:55-11:55</u><br>Eat Well, Live Well 114 | <b>4</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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                  | <b>5</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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>Gardening OS<br><br><u>9:45-10:45</u><br>Art Workshop 113<br><br><u>10:55-11:55</u><br>Community Meeting<br>Hybrid-Onsite/Zoom<br>830 4709 0440 | <b>6</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Exercise OS<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                  | <b>7</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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 | <b>8</b> <u>9:00-9:15</u><br>Check-In/Screenings<br><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 |
| <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                                                        | <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                            | <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                                                | <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                                | <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                                                 | <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                                                                    |
| <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker 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>3:25-4:25</u><br>Goal Setting 108<br><br><u>3:25-4:25</u><br>Fun With Games 114                                                           | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker 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 | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker 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                                                         | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker LR<br><br><u>2:15-3:15</u><br>Chat with the Director<br>Hybrid-Onsite/Zoom<br>898 2795 9175<br><br><u>2:15-3:15</u><br>Chess Club 114<br><br><u>3:25-4:25</u><br>NA Open Meeting 114<br><br><u>3:25-4:25</u><br>DBSA 108 | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker LR<br><br><u>2:15-3:15</u><br>Karaoke 108<br><br><u>2:15-3:15</u><br>Balance & Boundaries<br>114<br><br><u>3:25-4:25</u><br>Bingo 113<br><br><u>3:25-4:25</u><br>Social Circle 108                                                        | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker 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>10</b><br><br><u>9:45-10:45</u><br><b>Dual Recovery Anon 108</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>**New Time**</b><br><b>Healthy Relationships</b><br><b>856 3239 8128</b><br><br><u>2:15-3:15</u><br><b>Anger Management</b><br><b>890 7733 5952</b><br><br><u>3:15-4:15</u><br><b>**New Group**</b><br><b>Breakthrough the</b><br><b>Barriers of Trauma</b><br><b>816 7681 1961</b> | <b>11</b><br><br><u>10:00-11:00</u><br><b>Journaling</b><br><b>818 2639 3198</b><br><br><u>11:15-12:15</u><br><b>Schizophrenia Alliance</b><br><b>831 5963 1197</b><br><br><u>12:45-1:45</u><br><b>American History</b><br><b>818 6899 2601</b><br><br><u>1:15-2:15</u><br><b>**New Time**</b><br><b>**New Name**</b><br><b>Eat Well, Live Well</b><br><b>828 4508 0989</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>**New Time**</b><br><b>Choir</b><br><b>857 3185 8460</b> | <b>12</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>1:45-2:45</u><br><b>Cooking</b><br><b>848 1575 3232</b><br><br><u>2:30-3:30</u><br><b>**New Time**</b><br><b>Let's Go Virtual Tours</b><br><b>841 4044 7453</b><br><br><u>3:30-4:30</u><br><b>**New Time**</b><br><b>Poetry</b><br><b>811 3705 9799</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>13</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>2:15-3:15</u><br><b>Chat with the Director</b><br><b>Hybrid-Onsite/Zoom</b><br><b>898 2795 9175</b><br><br><u>3:15-4:30</u><br><b>**New Time**</b><br><b>Depression Bipolar</b><br><b>Support Alliance</b><br><b>874 1407 2502</b> | <b>14</b><br><br><u>9:45-10:45</u><br><b>Women's Group</b><br><b>875 7924 1408</b><br><br><u>9:45-10:45</u><br><b>Men's Group</b><br><b>827 3339 4133</b><br><br><u>10:55-11:55</u><br><b>Hybrid-Onsite/Zoom</b><br><b>Social Time LR</b><br><b>869 061 54927</b><br><br><u>12:15-1:15</u><br><b>Enlightenment</b><br><b>816 7974 9814</b><br><br><u>1:30-2:30</u><br><b>**New Time**</b><br><b>Self Empowerment</b><br><b>820 1729 4893</b><br><br><u>3:45-4:45</u><br><b>**New Time**</b><br><b>Social Hour</b><br><b>871 1223 3961</b> | <div> <b>Please Note</b><br/><br/> <b>Onsite</b><br/> <b>Groups</b><br/> <b>will now</b><br/> <b>be held</b><br/> <b>Monday</b><br/> <b>Through</b><br/> <b>Saturday</b><br/> <b>We look</b><br/> <b>Forward to</b><br/> <b>seeing you on-</b><br/> <b>site, so...</b><br/> <b>Please call</b><br/> <b>714-361-4860</b><br/> <b>for your</b><br/> <b>Appointment</b><br/> <b>Please be on</b><br/> <b>time so you</b><br/> <b>don't lose your</b><br/> <b>reservation.</b><br/> <b>30 minute</b><br/> <b>limit!</b><br/> <b>~~~~~</b> </div> |



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| <b>10</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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>10:55-11:55</u><br>DBSA 108<br><br><u>10:55-11:55</u><br>Eat Well, Live Well 114 | <b>11</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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                 | <b>12</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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>Gardening OS<br><br><u>9:45-10:45</u><br>Art Workshop 113<br><br><u>10:55-11:55</u><br>Community Meeting<br>Hybrid-Onsite/Zoom<br>830 4709 0440 | <b>13</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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                  | <b>14</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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 | <b>15</b> <u>9:00-9:15</u><br>Check-In/Screenings<br><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 |
| <u>12:00-1:30</u> Closed                                                                                                                                                                                                                                                                                                         | <u>12:00-1:30</u> Closed                                                                                                                                                                                                                                                                            | <u>12:00-1:30</u> Closed                                                                                                                                                                                                                                                                                                 | <u>12:00-1:30</u> Closed                                                                                                                                                                                                                                                                                | <u>12:00-1:30</u> Closed                                                                                                                                                                                                                                                                                                  | <u>12:00-1:30</u> Closed                                                                                                                                                                                                                                                                                                                     |
| <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker 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>3:25-4:25</u><br>Goal Setting 108<br><br><u>3:25-4:25</u><br>Fun With Games 114                                                            | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker 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 | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker 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                                                          | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker LR<br><br><u>2:15-3:15</u><br>Chat with the Director<br>Hybrid-Onsite/Zoom<br>898 2795 9175<br><br><u>2:15-3:15</u><br>Chess Club 114<br><br><u>3:25-4:25</u><br>NA Open Meeting 114<br><br><u>3:25-4:25</u><br>DBSA 108 | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker LR<br><br><u>2:15-3:15</u><br>Karaoke 108<br><br><u>2:15-3:15</u><br>Balance & Boundaries<br>114<br><br><u>3:25-4:25</u><br>Bingo 113<br><br><u>3:25-4:25</u><br>Social Circle 108                                                         | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker 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 **May 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

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>17</b><br><br><u>9:45-10:45</u><br><b>Dual Recovery Anon 108</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>**New Time**</b><br><b>Healthy Relationships</b><br><b>856 3239 8128</b><br><br><u>2:15-3:15</u><br><b>Coping Skills</b><br><b>839 0404 8069</b><br><br><u>3:15-4:15</u><br><b>**New Group**</b><br><b>Breakthrough the</b><br><b>Barriers of Trauma</b><br><b>816 7681 1961</b> | <b>18</b><br><br><u>10:00-11:00</u><br><b>Journaling</b><br><b>818 2639 3198</b><br><br><u>11:15-12:15</u><br><b>Schizophrenia Alliance</b><br><b>831 5963 1197</b><br><br><u>12:45-1:45</u><br><b>American History</b><br><b>818 6899 2601</b><br><br><u>1:15-2:15</u><br><b>**New Time**</b><br><b>**New Name**</b><br><b>Eat Well, Live Well</b><br><b>828 4508 0989</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>**New Time**</b><br><b>Choir</b><br><b>857 3185 8460</b> | <b>19</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>1:45-2:15</u><br><b>PPSP/Ambassador</b><br><b>852 3019 6728</b><br><br><u>2:30-3:30</u><br><b>**New Time**</b><br><b>Let's Go Virtual Tours</b><br><b>841 4044 7453</b><br><br><u>3:30-4:30</u><br><b>**New Time**</b><br><b>Poetry</b><br><b>811 3705 9799</b><br><br><div style="border: 2px solid yellow; padding: 10px; text-align: center;"> <b>Community Meeting</b><br/> <b>Every Wednesday</b><br/> <b>10:55-11:55</b><br/> <b>Please Join Us!!</b> </div> | <b>20</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 Painting</b><br><b>812 0744 5423</b><br><br><u>11:15-12:15</u><br><b>Music Academy</b><br><b>885 0804 0727</b><br><br><u>2:15-3:15</u><br><b>Chat with the Director</b><br><b>Hybrid-Onsite/Zoom</b><br><b>898 2795 9175</b><br><br><u>3:15-4:30</u><br><b>**New Time**</b><br><b>Depression Bipolar Support Alliance</b><br><b>874 1407 2502</b> | <b>21</b><br><br><u>9:45-10:45</u><br><b>Women's Group</b><br><b>875 7924 1408</b><br><br><u>9:45-10:45</u><br><b>Men's Group</b><br><b>827 3339 4133</b><br><br><u>10:55-11:55</u><br><b>Hybrid-Onsite/Zoom</b><br><b>Social Time LR</b><br><b>869 061 54927</b><br><br><u>12:15-1:15</u><br><b>Enlightenment</b><br><b>816 7974 9814</b><br><br><u>1:30-2:30</u><br><b>**New Time**</b><br><b>Self Empowerment</b><br><b>820 1729 4893</b><br><br><u>3:45-4:45</u><br><b>**New Time**</b><br><b>Social Hour</b><br><b>871 1223 3961</b> | <div style="border: 2px solid green; padding: 10px; text-align: center;"> <div style="border: 1px solid black; padding: 5px; margin: 0 auto; width: 80%;"> <b>Please Note</b> </div> <p style="color: green; font-size: 1.2em; font-weight: bold;"> <b>Onsite Groups</b><br/> <b>will now be held</b><br/> <b>Monday Through Saturday</b><br/> <b>We look Forward to</b><br/> <b>seeing you on-site, so...</b><br/> <b>Please call</b><br/> <b>714-361-4860</b><br/> <b>for your</b><br/> <b>Appointment</b><br/> <b>Maximum</b><br/> <b>Number of</b><br/> <b>members for</b><br/> <b>each session</b><br/> <b>Is FIFTEEN!</b><br/> <b>~~~~~</b> </p> </div> |

# Wellness Center Central

Onsite Groups **May 2021**

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

401 S. Tustin Street # C  
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                                                                                                                                                                                                                                                                                                                    | Saturday                                                                                                                                                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>17</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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>10:55-11:55</u><br>DBSA 108<br><br><u>10:55-11:55</u><br>Eat Well, Live Well 114 | <b>18</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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                 | <b>19</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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>Gardening OS<br><br><u>9:45-10:45</u><br>Art Workshop 113<br><br><u>10:55-11:55</u><br>Community Meeting<br>Hybrid-Onsite/Zoom<br>830 4709 0440 | <b>20</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><br><u>9:15-9:45</u><br>Ice Breaker LR<br><br><u>9:45-10:45</u><br>Exercise OS<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                 | <b>21</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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 | <b>22</b> <u>9:00-9:15</u><br>Check-In/Screenings<br><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 |
| <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                                                         | <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                            | <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                                                 | <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                                | <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                                                  | <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                                                                     |
| <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker 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>3:25-4:25</u><br>Goal Setting 108<br><br><u>3:25-4:25</u><br>Fun With Games 114                                                            | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker 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 | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker 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                                                          | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker LR<br><br><u>2:15-3:15</u><br>Chat with the Director<br>Hybrid-Onsite/Zoom<br>898 2795 9175<br><br><u>2:15-3:15</u><br>Chess Club 114<br><br><u>3:25-4:25</u><br>NA Open Meeting 114<br><br><u>3:25-4:25</u><br>DBSA 108 | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker LR<br><br><u>2:15-3:15</u><br>Karaoke 108<br><br><u>2:15-3:15</u><br>Balance & Boundaries<br>114<br><br><u>3:25-4:25</u><br>Bingo 113<br><br><u>3:25-4:25</u><br>Social Circle 108                                                         | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker 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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Temporary Hours of Operation  
Monday-Friday  
8:30am– 5:00pm

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>24</b><br><br><u>9:45-10:45</u><br><b>Dual Recovery Anon 108</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>**New Time**</b><br><b>Healthy Relationships</b><br><b>856 3239 8128</b><br><br><u>2:15-3:15</u><br><b>Anger Management</b><br><b>890 7733 5952</b><br><br><u>3:15-4:15</u><br><b>**New Group**</b><br><b>Breakthrough the</b><br><b>Barriers of Trauma</b><br><b>816 7681 1961</b> | <b>25</b><br><br><u>10:00-11:00</u><br><b>Journaling</b><br><b>818 2639 3198</b><br><br><u>11:15-12:15</u><br><b>Schizophrenia Alliance</b><br><b>831 5963 1197</b><br><br><u>12:45-1:45</u><br><b>American History</b><br><b>818 6899 2601</b><br><br><u>1:15-2:15</u><br><b>**New Time**</b><br><b>**New Name**</b><br><b>Eat Well, Live Well</b><br><b>828 4508 0989</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>**New Time**</b><br><b>Choir</b><br><b>857 3185 8460</b> | <b>26</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>1:45-2:45</u><br><b>Cooking</b><br><b>848 1575 3232</b><br><br><u>2:30-3:30</u><br><b>**New Time**</b><br><b>Let's Go Virtual Tours</b><br><b>841 4044 7453</b><br><br><u>3:30-4:30</u><br><b>**New Time**</b><br><b>Poetry</b><br><b>811 3705 9799</b><br><br><div style="border: 2px solid yellow; padding: 10px; text-align: center;"> <b>Community Meeting Every Wednesday 10:55-11:55 Please Join Us!!</b> </div> | <b>27</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 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>2:15-3:15</u><br><b>Chat with the Director</b><br><b>Hybrid-Onsite/Zoom</b><br><b>898 2795 9175</b><br><br><u>3:15-4:30</u><br><b>**New Time**</b><br><b>Depression Bipolar Support Alliance</b><br><b>874 1407 2502</b> | <b>28</b><br><br><u>9:45-10:45</u><br><b>Women's Group</b><br><b>875 7924 1408</b><br><br><u>9:45-10:45</u><br><b>Men's Group</b><br><b>827 3339 4133</b><br><br><u>10:55-11:55</u><br><b>Hybrid-Onsite/Zoom</b><br><b>Social Time LR</b><br><b>869 061 54927</b><br><br><u>12:15-1:15</u><br><b>Enlightenment</b><br><b>816 7974 9814</b><br><br><u>1:30-2:30</u><br><b>**New Time**</b><br><b>Self Empowerment</b><br><b>820 1729 4893</b><br><br><u>3:45-4:45</u><br><b>**New Time**</b><br><b>Social Hour</b><br><b>871 1223 3961</b> | <div style="border: 2px solid yellow; padding: 10px;"> <div style="text-align: center; border: 1px solid black; padding: 5px; background-color: #008000; color: white; margin-bottom: 10px;"> <b>Please Note</b> </div> <p style="color: green; text-align: center;">             To join online groups &amp; classes by phone, please call<br/> <b>(213) 338-8477</b><br/>             &amp; enter the meeting number when prompted.<br/>             To access groups via computer, please log on to<br/> <b>Zoom.com</b><br/>             &amp; enter the meeting number under the join link.<br/>             Or download the Zoom app from the App Store on your smartphone<br/>             See our Blog at <a href="http://www.wellnesscenteroc.com">www.wellnesscenteroc.com</a><br/>             or call our main number<br/> <b>714-361-4860</b><br/>             if you need help           </p> </div> |



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Monday-Friday

8:30am– 5:00pm

| Monday                                                                                                                                                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                                                                                                                                | Thursday                                                                                                                                                                                                                                                                                                | Friday                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>24</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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>10:55-11:55</u><br>DBSA 108<br><br><u>10:55-11:55</u><br>Eat Well, Live Well 114 | <b>25</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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                 | <b>26</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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>Gardening OS<br><br><u>9:45-10:45</u><br>Art Workshop 113<br><br><u>10:55-11:55</u><br>Community Meeting<br>Hybrid-Onsite/Zoom<br>830 4709 0440 | <b>27</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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                  | <b>28</b><br><u>9:00-9:15</u><br>Check-In/Screenings<br><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 | <b>29</b> <u>9:00-9:15</u><br>Check-In/Screenings<br><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 |
| <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                                                         | <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                            | <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                                                 | <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                                | <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                                                  | <b>12:00-1:30 Closed</b>                                                                                                                                                                                                                                                                                                                     |
| <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker 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>3:25-4:25</u><br>Goal Setting 108<br><br><u>3:25-4:25</u><br>Fun With Games 114                                                            | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker 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 | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker 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                                                          | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker LR<br><br><u>2:15-3:15</u><br>Chat with the Director<br>Hybrid-Onsite/Zoom<br>898 2795 9175<br><br><u>2:15-3:15</u><br>Chess Club 114<br><br><u>3:25-4:25</u><br>NA Open Meeting 114<br><br><u>3:25-4:25</u><br>DBSA 108 | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker LR<br><br><u>2:15-3:15</u><br>Karaoke 108<br><br><u>2:15-3:15</u><br>Balance & Boundaries<br>114<br><br><u>3:25-4:25</u><br>Bingo 113<br><br><u>3:25-4:25</u><br>Social Circle 108                                                         | <u>1:30-1:45</u><br>Check-In/Screenings<br><br><u>1:45-2:15</u><br>Ice Breaker 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 May 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

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**CLOSED**  
**For**  
**Memorial**  
**Day**  
**No groups**  
**online or onsite**



**Have a**  
**SAFE**  
**and**  
**FUN**  
**Holiday**  
**Weekend!!**

\*\*\*\*\*

**Have A Look!**

Please view our BLOG at  
[www.wellnesscenteroc.com](http://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
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*Translators are available  
upon request in:  
Spanish, Vietnamese,  
Farsi, Chinese and Korean*

*Employment  
Support  
By  
Appointment*

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*To consult
with our
Employment
Specialist
Janice, please
call
(949) 406-9687*

*Education
Support
By
Appointment*

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*If you are  
interested in  
Returning to  
school,  
Please call  
William at  
(714) 714-5813*

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

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*Please call
Diana for
Assistance at
(626) 373-0157*

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*MAB  
Agenda  
Mtg.*

*5/20/2021  
11:00-11:30*

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*MAB Mtg.
5/21/2021
11:00-12:30*

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*Closed*