

Wellness Center Central

August 2025

Calendar is subject to change. Translators available upon request.

401 S. Tustin Street # C
Orange, CA 92866
Phone: (714)361-4860

Hours of Operation
Monday-Thursday & Saturday 9:00am-5:00pm
Friday 9:00am-8:00pm



MULTICULTURAL CELEBRATION

FRIDAY AUGUST 15, 2025
1:30 P.M. - 4:00 P.M.

401 S. TUSTIN ST. BLDG. C
ORANGE, CA 92866
FOR MORE INFO OR TO GET INVOLVED
CALL, 714-361-4860

Come join us for a time of performances, speakers, and light refreshments as we celebrate and embrace the diverse cultures of our community!



Thursday

Special Workshop
Thurs., August 7th
12:00 PM

Mindfulness
with Halleh Nia

Learn about this
important concept
and its practical
application and
practice in our
daily lives.

**It's WORK
ORDER DAY
Time!**

You love the
Wellness Center,
and you want to
lend a hand...
Here is your
opportunity to do
what you can!

Work Order Day
mirrors the workplace
environment in pre-
paring and support-
ing members for em-
ployment.

See any staff member
for more information
or call Mario at
949-406-9687.

Friday

1 9:15-9:45
Ice Breaker/Work Order
Day Check-In LR

10:00-11:00
Looking Good-Feeling
Good 108

10:00-11:30
Cooking K

10:00-11:30
Campus Sport Activities

11:00-12:00
Work Order Day
Training 108

AA Open Meeting 111
Stay Fit Friday 107

12:00-1:00
Social Time/Work Order
Day Check-In LR (H)
823 6633 6837

1:00-2:00
Mindfulness 111
Balance & Boundaries 108
Trauma Recovery 114

1:30-3:30
Creating Together Art
113

2:00-3:00
Women's Group 108
(H) 875 7924 1408
Men's Group 111
(H) 865 8458 5314

3:00-4:00
Anime/Japanese
Language 111

3:00-4:30
Good Vibes Circle 108
Chess Club 114

3:15-4:15
Choir 107
(H) 857 3185 8460

4:00-5:00
West African
Drumming 111

5:00-8:00
Social Ho

Saturday

2 9:15-9:45
Ice Breaker/Work
Order Day Check-In
LR

9:45-10:45
Coping Skills 108

10:00-11:00
Schizophrenia
Alliance 114

10:00-12:00
Jewelry Design 113

10:30-4:00
Social Outing F
Summer Fun
Fest: Surfing
Back to School

11:00-12:00
Enlightenment 108
(H) 867 7506 1248

12:00-1:00
Topic of the Day 108

12:00-1:30
Golf Card Game 107

1:00-2:00
Poetry 114
NAMI Connection 108
(H) 825 2384 8811

2:15-4:25
Art Workshop 113

Social Hour:
In House Cinema LR
Bingo 114
Karaoke 108
Fun with Games 107

For hybrid (H) groups:
Go to Zoom and enter
meeting # under the
Join A Meeting link.



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11 9:15-9:45 Ice Breaker/Work Order Day Check-In LR 9:45-12:45 **Returning Group** Beach Volleyball F Check for Location! 10:00-10:30 Walk & Talk OS 10:00-11:00 Mindful Meditation 111 DRA 108 (H) 847 7808 6908 10:00-12:00 Jewelry Design 113 11:00-12:00 Break through the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 Yoga 107 12:00-1:00 Social Time/Work Order Day Check-In LR (H) 823 6633 6837 1:00-2:00 Healthy Relationships 108 (H) 840 3417 3056 AA Open Meeting 107 Story Circle 114 2:00-3:00 Healing With Art 113 2:15-3:15 Coping Skills 108 Social Anxiety 111	12 9:15-9:45 Ice Breaker/Work Order Day Check-In LR 9:45-10:45 Eat Well, Live Well 114 (H) 814 7469 2733 10:00-11:00 Al-Anon Meeting 107 10:00-11:30 Join Us For Coffee F 10:00-12:00 Watercolors 113 10:00-1:00 Volunteerism F Gold Coast Farms 11:00-12:00 Schizophrenia Alliance 114 DBSA 111 Karaoke 108 12:00-1:00 Social Time/Work Order Day Check-In LR 1:00-2:00 Self Empowerment 111 (H) 895 9260 2224 1:00-2:00 *New Group* Work Order Day Orientation 114 1:30-2:30 Beginning Computer 109 2:00-3:30 Mosaics 113 2:00-4:00 Bowling at Concourse F 2:15-3:15 Anger Management 108 (H) 897 1661 6727 3:30-4:30 Chess Club 114 That's My Line 111 Copyright Clarvida, 2025, All Rights Reserved	13 9:15-9:45 Ice Breaker/Work Order Day Check-In LR 9:45-10:45 Wellness Wednesday 114 Gardening OS NAMI Connection 108 (H) 824 5047 2205 9:45-11:00 Art Workshop 113 Campus Sport Activities OS 10:00-10:30 Walk & Talk OS 10:00-11:00 Rm 114 **Benefits Workshop** with Dung Le 10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371 11:00-11:50 Community Meeting LR (H) 844 3176 0396 12:00-1:00 Social Time/Work Order Day Check-In LR (H) 823 6633 6837 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 ASL Sign Language 108 Preparing For the Future (Young Adults) 107 1:00-2:30 Jewelry Design 113 WRAP 114 (H) 832 7126 3020 1:30-3:00 Uke'N'Feel Better 111 2:30-3:30 Bingo 107 2:30-4:00 Chess Club 114 Crochet 113 3:30-4:30 Social Skills 108	14 9:15-9:45 Ice Breaker/Work Order Day Check-In LR 9:45-10:45 Tai Chi 107/OS *New Group!!* Creative Dance for Healing 111 9:45-11:15 Campus Sport Activities OS 10:00-11:00 Healthy Living 114 (H) 812 0742 2407 DBSA 108 (H) 852 7154 9027 10:00-1:00 Social Outing F OC Fair 11:00-12:00 Open Discussion 107 Positive Thinking 108 (H) 841 4238 8927 12:00-1:00 Social Time/Work Order Day Check-In LR 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 Juicing K Employment/Education Support 114 Enlightenment 111 1:00-2:30 Music Academy 108 (H) 885 0804 0727 2:00-3:00 Emotional Wellness 111 2:00-3:30 Game Time 107 2:00-4:30 Open Art Class 113 3:30-4:30 NA Open Meeting 111 (H) 836 0460 9371 Poetry 114	15 9:15-9:45 Ice Breaker/Work Order Day Check-In LR 10:00-11:00 Looking Good-Feeling Good 108 10:00-11:30 Cooking K 10:00-11:30 Campus Sport Activities 11:00-12:00 Work Order Day Training 108 AA Open Meeting 111 Stay Fit Friday 107 12:00-1:00 Social Time/Work Order Day Check-In LR (H) 823 6633 6837 1:00-2:00 Mindfulness 111 Balance & Boundaries 108 Trauma Recovery 114  1:30-4:00 MULTICULTURAL CELEBRATION 2:00-3:00 Women's Group 108 (H) 875 7924 1408 Men's Group 111 (H) 865 8458 5314 3:00-4:00 Anime/Japanese Language 111 3:00-4:30 Chess Club 114 4:00-5:00 Good Vibes Circle 108 4:00-5:00 West African Drumming 111 5:00-8:00 Social Hour	16 9:15-9:45 Ice Breaker/Work Order Day Check-In LR 9:45-10:45 Coping Skills 108 10:00-11:00 Schizophrenia Alliance 114 10:00-12:00 Jewelry Design 113 10:30-4:00 Social Outing F Nisei Week Japanese Festival 11:00-12:00 Enlightenment 108 (H) 867 7506 1248 12:00-1:00 Topic of the Day 108 (H) 810 6071 6338 12:00-1:30 Golf Card Game 107 1:00-2:00 Poetry 114 NAMI Connection 108 (H) 825 2384 8811 2:15-4:25 Art Workshop 113 Social Hour: In House Cinema LR Bingo 114 Karaoke 108 Fun with Games 107

MAB
Agenda Mtg.
08/15/2025
11:00am

MAB Mtg. 114
08/22/2025
11:00am-12:30pm
Closed Groups

See our BLOG at
www.wellnesscenteroc.com
You will find lots of fun, info, ideas and resources.

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

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Group Descriptions

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

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

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

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

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

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

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

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

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

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

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

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

LGBTIQ+ Closed Group (allies welcome) Support group giving open-minded, helpful, safe and kind environment and atmosphere for LGBTQ+ community.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Campus Sports Activities-join fellow members and staff for friendly games of **Basketball, Horseshoes, and Volley Ball.**

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

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

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

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

Looking Good, Feeling Good—Open discussion about different ways to look good and feel good while managing mental health and emotions. To achieve an understanding of how physical maintenance can affect your well being.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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