

Wellness Center Central

Remote Tele-Groups **January 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	
PLEASE NOTE We are now using Zoom for our groups! Please see the note at the right of this page.	<i>For Help with your</i> Wellness Recovery Action Plan (WRAP) ~~~~~ <i>Please call Diana for Assistance at (626) 373-0157</i>	Join us for our Zoom online groups and encourage your fellow members to join us too! Together we will maintain our well-being! Have A Look! Please view our BLOG for fun, informative ideas and resources. If you have any suggestions, comments, or blogs to contribute, please email them to ~~~~~ Sohail.Eftekharzadeh@pathways.com ~~~~~		1  <i>We Will Be Closed For The Holiday~ Happy New Year!</i>  <i>We all Wish you all a Happy, Safe Healthy, Peaceful New Year!</i> shutterstock · 223547728	To join groups and classes online, 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.
Employment Support By Appointment ~~~~~ <i>To consult with our Employment Specialist Janice, please call (949) 406-9687</i>	Education Support By Appointment ~~~~~ <i>If you are interested in Returning to school, Please call William at (714) 714-5813 for help, support and ideas</i>				

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18 <i>Wellness Center Central Will be Closed for Martin Luther King Jr. Day</i>  <i>Have a safe and fun holiday weekend!</i>	19 <u>9:45-11:15</u> DBSA 870 7910 6579 <u>11:15-12:15</u> Schizophrenia Alliance 831 5963 1197 <u>12:30-1:30</u> Social Circle 875 7630 8161 <u>12:45-1:45</u> Diversity 851 6829 6588 <u>12:45-1:45</u> Let's Exercise 844 0561 4272 <u>12:45-1:45</u> Chess Club 890 7005 1019 <u>2:15-3:15</u> AA Open Meeting 836 0460 9371 <u>2:15-3:15</u> Nutrition 101 828 4508 0989 <u>3:30-4:45</u> Choir 857 3185 8460	20 <u>9:45-10:45</u> Tech Support 873 8685 1136 <u>9:45-11:15</u> NAMI Connection 824 5047 2205 <u>11:15-12:15</u> Community Meeting 830 4709 0440 <u>12:45-1:45</u> MH During Pandemic 869 9611 0366 <u>12:45-1:45</u> WRAP 886 2747 7849 <u>2:15-3:15</u> Goal Setting 810 7080 6108 <u>2:15-3:15</u> Cooking 848 1575 3232 <u>3:30-4:30</u> Social Hour 828 9564 4563 <u>3:45-4:45</u> Let's Go Virtual Tours 841 4044 7453 <u>3:45-4:45</u> Poetry 811 3705 9799	21 <u>9:45-10:45</u> Healthy Living 841 6593 6409 <u>10:00-11:00</u> LGBTQ+ Closed Group 890 9309 7264 <u>11:15-12:15</u> Fundamentals of Drawing 889 8900 5962 <u>11:15-12:15</u> Music Academy 885 0804 0727 <u>12:45-1:45</u> Journaling 818 2639 3198 <u>1:15-1:45</u> Employment/Education 857 1869 5898 <u>1:15-2:15</u> Tech Support 873 8685 1136 <u>2:00-3:00</u> Chat with the Director 898 2795 9175 <u>2:00-3:00</u> Life Skills 824 6869 6323 <u>2:15-3:15</u> Al-Anon 898 7140 4630 <u>3:15-4:45</u> DBSA 874 1407 2502	22 <u>9:45-10:45</u> Women's Group 875 7924 1408 <u>9:45-10:45</u> Men's Group 827 3339 4133 <u>11:15-12:15</u> Social Time 816 6509 8070 <u>11:15-12:15</u> Living & Thriving 871 5641 2433 <u>12:45-1:45</u> Positive Thinking 885 8229 8584 <u>12:45-1:45</u> Enlightenment 816 7974 9814 <u>2:00-3:00</u> Relapse Prevention 883 7991 6316 <u>2:15-3:15</u> Self Empowerment 820 1729 4893 <u>3:00-4:00</u> Brain Health 829 5016 9948 <u>3:45-4:45</u> Social Hour 871 1223 3961	<i>Member Advisory Agenda Meeting Thursday 1/21/2021 11:00-11:30am ~~~~~</i> <i>Member Advisory Board Meeting (MAB)</i> <i>Friday 1/22/2021 11:00 am To 12:30 pm (closed meetings)</i>

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