


Wellness Center Central

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

Remote Tele-Groups **May** 25 to 29, 2020
**Calendar is subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>25</p> <p>~~~~~</p> <p>CLOSED</p> <p>In Observance of Memorial Day</p> <p>~~~~~</p>  <p>~~~~~</p> <p>~~~~~</p> <p>Have a great day full of fun and relaxation and we will see & hear you in our WebEx groups Tuesday!</p> <p>~~~~~</p>	<p>26</p> <p><u>9:45-11:15</u> Depression Bipolar Support Alliance Meeting Number: 928 306 060</p> <p><u>9:45-10:45</u> Employment/ Education Supports Meeting Number: 927 306 557</p> <p><u>11:15-12:15</u> Social Time Meeting Number: 929 106 584</p> <p><u>12:45-1:45</u> Topic of the Day Meeting Number: 922 314 819</p> <p><u>2:15-3:15</u> Alcoholics Anonymous Open Meeting Meeting Number: 925 547 538</p> <p><u>2:15-3:15</u> Nutrition 101 Meeting Number: 921 496 529</p> <p><u>3:45-4:45</u> Choir Meeting Number: 923 420 552</p>	<p>27</p> <p><u>9:45-11:15</u> NAMI Connection Meeting Number: 924 913 007</p> <p><u>9:45-10:45</u> Gabbin' & Art Meeting Number: 922 220 677</p> <p><u>11:15-12:15</u> Community Meeting Meeting Number: 923 885 677</p> <p><u>12:45-1:45</u> WRAP Meeting Number: 926 223 740</p> <p><u>2:15-3:15</u> Goal Setting Meeting Number: 928 722 236</p> <p><u>2:15-3:15</u> PPSP/ Ambassador Meeting Meeting Number: 925 337 139</p> <p><u>3:45-4:45</u> Poetry Meeting Number: 924 787 038</p>	<p>28</p> <p><u>9:45-10:45</u> Healthy Living Meeting Number: 922 972 100</p> <p><u>9:45-10:45</u> LGBTQ+ Support (Closed Group) Meeting Number: 926 513 049</p> <p><u>11:15-12:15</u> Social Time Meeting Number: 929 106 584</p> <p><u>12:45-1:45</u> Open Discussion Meeting Number: 922 076 586</p> <p><u>12:45-1:45</u> Social Circle Meeting Number: 920 171 762</p> <p><u>2:00-3:00</u> Chat with the Director Meeting Number: 923 797 941</p> <p><u>2:15-3:15</u> Al-Anon Meeting Number: 925 711 574</p> <p><u>3:15-4:45</u> DBSA Meeting Number: 921 290 994</p>	<p>29</p> <p><u>9:45-10:45</u> Women's Group Meeting Number: 928 064 541</p> <p><u>9:45-10:45</u> Men's Group Meeting Number: 929 721 558</p> <p><u>11:15-12:15</u> Social Time Meeting Number: 929 106 584</p> <p><u>12:45-1:45</u> Positive Thinking Meeting Number: 923 915 446</p> <p><u>12:45-1:45</u> Enlightenment Meeting Number: 925 951 776</p> <p><u>2:15-3:15</u> Self Empowerment Meeting Number: 924 672 616</p> <p><u>3:45-4:45</u> Comedy/Social Hour Meeting Number: 926 625 728</p>	<p>Join us for our WebEx online groups and encourage your fellow members to join us too! Together we will maintain our well-being!</p> <p>For all groups, please call 415-655-0003 & enter the meeting number when prompted.</p> <p>If you'd like to access groups via computer, please log on to WebEx.com & enter the meeting number under the join tab.</p> <p>Questions? Call us at 714-361-4860 and we can help you access the group.</p>

***** Please note *****
The start & end times of most groups are on the quarter hour in order to ease internet traffic & aide in logging and/or calling into our WebEx Groups.

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.Eftekhartzadeh@pathways.com