

# Wellness Center Central

Remote Tele-Groups **June 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  
9:00am-5:00pm

	Tuesday	Wednesday	Thursday	Friday
<div data-bbox="226 245 554 321" data-label="Text"> <p><b>Have A Look!</b></p> </div> <div data-bbox="73 422 709 1128" data-label="Text"> <p>Please view our <b>BLOG</b> at <a href="http://www.wellnesscenteroc.com">www.wellnesscenteroc.com</a> for fun, informative ideas and resources. If you have any suggestions, comments, or blogs to contribute, please email them to ~~~~~ <a href="mailto:Sohail.Eftekharzadeh@pathways.com">Sohail.Eftekharzadeh@pathways.com</a> ~~~~~</p> </div>	<div data-bbox="745 207 1024 982" data-label="Text"> <p><b>1</b></p> <p><u>9:45-10:45</u> **New Time** Eat Well, Live Well 828 4508 0989</p> <p><u>12:45-1:45</u> American History 818 6899 2601</p> <p><u>2:15-3:15</u> AA Open Meeting Hybrid-Onsite/Zoom 836 0460 9371</p> <p><u>3:15-4:30</u> Choir 857 3185 8460</p> </div>	<div data-bbox="1066 207 1354 1055" data-label="Text"> <p><b>2</b></p> <p><u>9:45-10:45</u> NAMI Connection 824 5047 2205</p> <p><u>10:55-11:55</u> Community Meeting Hybrid-Onsite/Zoom 830 4709 0440</p> <p><u>12:45-1:45</u> WRAP 886 2747 7849</p> <p><u>2:30-3:30</u> Let's Go Virtual Tours 841 4044 7453</p> <p><u>3:30-4:30</u> Poetry 811 3705 9799</p> </div>	<div data-bbox="1407 207 1711 1063" data-label="Text"> <p><b>3</b></p> <p><u>10:00-11:00</u> Healthy Living 841 6593 6409</p> <p><u>11:15-12:15</u> Fundamentals of Drawing 889 8900 5962</p> <p><u>11:15-12:15</u> Music Academy 885 0804 0727</p> <p><u>2:15-3:15</u> Chat with the Staff Hybrid-Onsite/Zoom 898 2795 9175</p> <p><u>3:15-4:30</u> Depression Bipolar Support Alliance 874 1407 2502</p> </div>	<div data-bbox="1732 207 2026 1006" data-label="Text"> <p><b>4</b></p> <p><u>9:45-10:45</u> Women's Group 875 7924 1408</p> <p><u>9:45-10:45</u> Men's Group 827 3339 4133</p> <p><u>10:55-11:55</u> Social Time LR Hybrid-Onsite/Zoom 869 061 54927</p> <p><u>1:30-2:30</u> Self Empowerment 820 1729 4893</p> <p><u>3:45-4:45</u> Social Hour 871 1223 3961</p> </div>
	<div data-bbox="73 1242 703 1550" data-label="Text"> <p><b>When you can't join us on-site, join our <b>Zoom</b> online groups and encourage other members to join us too! Together we will maintain our well-being!</b></p> </div>	<div data-bbox="1066 1282 1396 1567" data-label="Text"> <p><b>Community Meeting Every Wednesday 10:55-11:55 Please Join Us!!</b></p> </div>	<div data-bbox="1407 1282 2047 1534" data-label="Text"> <p><b>Translators are available upon request in: Spanish, Vietnamese, Farsi, Chinese and Korean</b></p> </div>	


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 <p><b>Onsite</b></p> <p><b>Onsite Groups</b> Are now held <b>Monday Through Saturday</b> We look Forward to seeing you onsite, so... <b>Please call 714-361-4860 for your Appointment</b> Please be on time so you don't lose your reservation. <b>30 minute limit!</b></p> <p>~~~~~</p>	<p><b>1</b> <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> WRAP 114 <u>9:45-10:45</u> Self-Empowerment 108</p> <p><u>10:55-11:55</u> Chess Club 114 <u>10:55-11:55</u> Positive Thinking 108 <u>10:55-11:55</u> Watercolors 113</p> <p>12:00-1:00 Closed</p> <p><u>1:00-1:15</u> Check-In/Screenings</p> <p><u>1:15-1:45</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Anger Management 108 <u>2:15-3:15</u> AA Open Meeting 114 Hybrid-Onsite/Zoom 836 0460 9371</p> <p><u>3:25-4:25</u> Bingo 113 <u>3:25-4:25</u> Karaoke 108 <u>3:25-4:25</u> Fun With Games 114</p>	<p><b>2</b> <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Coping Skills 108 <u>9:45-10:45</u> Gardening OS <u>9:45-10:45</u> Art Workshop 113 <u>9:45-10:45</u> Chess Club 114</p> <p><u>10:55-11:55</u> Community Meeting Hybrid-Onsite/Zoom 830 4709 0440</p> <p>12:00-1:00 Closed</p> <p><u>1:00-1:15</u> Check-In/Screenings</p> <p><u>1:15-1:45</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> DBSA 108 <u>2:15-3:15</u> Jewelry Design 113</p> <p><u>3:25-4:25</u> Relapse Prevention 108 <u>3:25-4:25</u> Journaling 113 <u>3:25-4:25</u> Living &amp; Thriving LR</p>	<p><b>3</b> <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> LGBTQ+ 114 <u>9:45-10:45</u> Enlightenment 108</p> <p><u>10:55-11:55</u> Self-Empowerment 108 <u>10:55-11:55</u> Steps To Success OS <u>10:55-11:55</u> Brain Health 114</p> <p>12:00-1:00 Closed</p> <p><u>1:00-1:15</u> Check-In/Screenings</p> <p><u>1:15-1:45</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Chat with the Staff LR Hybrid-Onsite/Zoom 898 2795 9175 <u>2:15-3:15</u> Resilience 114</p> <p><u>3:25-4:25</u> NA Open Meeting 113 <u>3:25-4:25</u> DBSA 108 <u>3:25-4:25</u> Poetry 114</p>	<p><b>4</b> <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Social Anxiety 108 <u>9:45-10:45</u> Arts &amp; Crafts 113 <u>9:45-10:45</u> Goal Setting</p> <p><u>10:55-11:55</u> Diversity 108 <u>10:55-11:55</u> Hybrid-Onsite/Zoom Social Time LR 869 061 54927</p> <p>12:00-1:00 Closed</p> <p><u>1:00-1:15</u> Check-In/Screenings</p> <p><u>1:15-1:45</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Women's Group 111 <u>2:15-3:15</u> Men's Group 108 <u>2:15-3:15</u> Balance &amp; Boundaries 114</p> <p><u>3:25-4:25</u> Social Circle 108 <u>3:25-4:25</u> Chess Club 114</p> <p>4:30-5:00 Closed</p> <p><u>5:00-8:00</u> Social Hour LR, 113, 108</p>	<p><b>5</b> <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Coping Skills 108 <u>9:45-10:45</u> Jewelry Design 113</p> <p><u>10:55-11:55</u> Topic of the Day 108 Hybrid-Onsite/Zoom 810 607 16338 <u>10:55-11:55</u> Schizophrenia Alliance 108</p> <p>12:00-1:00 Closed</p> <p><u>1:00-1:15</u> Check-In/Screenings</p> <p><u>1:15-1:45</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Art Workshop 113 <u>2:15-4:25</u> Movie Club LR</p>

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<p><b>14</b> <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Scrapbooking 113</p> <p><u>9:45-10:45</u> Dual Recovery Anon 108 Hybrid-Onsite/Zoom 847 7808 6908</p> <p><u>9:45-10:45</u> Mindful Meditation 111</p> <p><u>10:55-11:55</u> Eat Well, Live Well 114</p> <p><u>10:55-11:55</u> Jewelry Design 113</p> <p><u>1:00-1:15</u> Check-In/Screenings</p> <p><u>1:15-1:45</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Coping Skills 108</p> <p><u>2:15-3:15</u> Floral Design 113</p> <p><u>2:15-3:15</u> Al-Anon 114</p> <p><u>3:25-4:25</u> DBSA 108</p> <p><u>3:25-4:25</u> Glass Arts 113</p>	<p><b>15</b> <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> WRAP 114</p> <p><u>9:45-10:45</u> Self-Empowerment 108</p> <p><u>10:55-11:55</u> Chess Club 114</p> <p><u>10:55-11:55</u> Positive Thinking 108</p> <p><u>10:55-11:55</u> Watercolors 113</p> <p><u>1:00-1:15</u> Check-In/Screenings</p> <p><u>1:15-1:45</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Anger Management 108</p> <p><u>2:15-3:15</u> AA Open Meeting 114 Hybrid-Onsite/Zoom 836 0460 9371</p> <p><u>3:25-4:25</u> Bingo 113</p> <p><u>3:25-4:25</u> Karaoke 108</p> <p><u>3:25-4:25</u> Fun With Games 114</p>	<p><b>16</b> <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Coping Skills 108</p> <p><u>9:45-10:45</u> Gardening OS</p> <p><u>9:45-10:45</u> Art Workshop 113</p> <p><u>9:45-10:45</u> Chess Club 114</p> <p><u>10:55-11:55</u> Community Meeting Hybrid-Onsite/Zoom 830 4709 0440</p> <p><u>11:00-12:00</u> Pride Month Celebration Hybrid-Zoom/Wellness Center West</p> <p><u>1:00-1:15</u> Check-In/Screenings</p> <p><u>1:15-1:45</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> DBSA 108</p> <p><u>2:15-3:15</u> Jewelry Design 113</p> <p><u>3:25-4:25</u> Relapse Prevention 108</p> <p><u>3:25-4:25</u> Journaling 113</p> <p><u>3:25-4:25</u> Living &amp; Thriving LR</p>	<p><b>17</b> <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> LGBTQ+ 114</p> <p><u>9:45-10:45</u> Enlightenment 108</p> <p><u>10:55-11:55</u> Self-Empowerment 108</p> <p><u>10:55-11:55</u> Steps To Success OS</p> <p><u>10:55-11:55</u> Brain Health 114</p> <p><u>1:00-1:15</u> Check-In/Screenings</p> <p><u>1:15-1:45</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Chat with the Staff LR Hybrid-Onsite/Zoom 898 2795 9175</p> <p><u>2:15-3:15</u> Resilience 114</p> <p><u>3:25-4:25</u> NA Open Meeting 113</p> <p><u>3:25-4:25</u> DBSA 108</p> <p><u>3:25-4:25</u> Poetry 114</p>	<p><b>18</b> <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Social Anxiety 108</p> <p><u>9:45-10:45</u> Arts &amp; Crafts 113</p> <p><u>9:45-10:45</u> Goal Setting</p> <p><u>10:55-11:55</u> Diversity 108</p> <p><u>10:55-11:55</u> Hybrid-Onsite/Zoom 869 061 54927</p> <p><u>1:00-1:15</u> Check-In/Screenings</p> <p><u>1:15-1:45</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Women's Group 111</p> <p><u>2:15-3:15</u> Men's Group 108</p> <p><u>2:15-3:15</u> Balance &amp; Boundaries 114</p> <p><u>3:25-4:25</u> Social Circle 108</p> <p><u>3:25-4:25</u> Chess Club 114</p> <p><u>4:30-5:00</u> Closed</p> <p><u>5:00-8:00</u> Social Hour LR, 113, 108</p>	<p><b>19</b> <u>9:00-9:15</u> Check-In/Screenings</p> <p><u>9:15-9:45</u> Ice Breaker LR</p> <p><u>9:45-10:45</u> Coping Skills 108</p> <p><u>9:45-10:45</u> Jewelry Design 113</p> <p><u>10:55-11:55</u> Topic of the Day 108 Hybrid-Onsite/Zoom 810 607 16338</p> <p><u>10:55-11:55</u> Schizophrenia Alliance 108</p> <p><u>1:00-1:15</u> Check-In/Screenings</p> <p><u>1:15-1:45</u> Ice Breaker LR</p> <p><u>2:15-3:15</u> Art Workshop 113</p> <p><u>2:15-4:25</u> Movie Club LR</p>

# Wellness Center Central

Remote Tele-Groups **June 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

9:00am-5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>21</b></p> <p><u>9:45-10:45</u> Dual Recovery Anon 108 Hybrid-Onsite/Zoom 847 7808 6908</p> <p><u>11:15-12:15</u> Yoga 889 7480 3364</p> <p><u>1:15-2:15</u> Healthy Relationships 856 3239 8128</p> <p><u>3:15-4:15</u> Breakthrough the Barriers of Trauma 816 7681 1961</p>	<p><b>22</b></p> <p><u>9:45-10:45</u> Eat Well, Live Well 828 4508 0989</p> <p><u>12:45-1:45</u> American History 818 6899 2601</p> <p><u>2:15-3:15</u> AA Open Meeting Hybrid-Onsite/Zoom 836 0460 9371</p> <p><u>3:15-4:30</u> Choir 857 3185 8460</p>	<p><b>23</b></p> <p><u>9:45-10:45</u> NAMI Connection 824 5047 2205</p> <p><u>10:55-11:55</u> Community Meeting Hybrid-Onsite/Zoom 830 4709 0440</p> <p><u>12:45-1:45</u> WRAP 886 2747 7849</p> <p><u>2:30-3:30</u> Let's Go Virtual Tours 841 4044 7453</p> <p><u>3:30-4:30</u> Poetry 811 3705 9799</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Community Meeting Every Wednesday 10:55-11:55 Please Join Us!!</b></p> </div>	<p><b>24</b></p> <p><u>10:00-11:00</u> Healthy Living 841 6593 6409</p> <p><u>11:15-12:15</u> Fundamentals of Drawing 889 8900 5962</p> <p><u>11:15-12:15</u> Music Academy 885 0804 0727</p> <p><u>2:15-3:15</u> Chat with the Staff Hybrid-Onsite/Zoom 898 2795 9175</p> <p><u>3:15-4:30</u> <b>**New Time**</b> Depression Bipolar Support Alliance 874 1407 2502</p>	<p><b>25</b></p> <p><u>9:45-10:45</u> Women's Group 875 7924 1408</p> <p><u>9:45-10:45</u> Men's Group 827 3339 4133</p> <p><u>10:55-11:55</u> Hybrid-Onsite/Zoom Social Time LR 869 061 54927</p> <p><u>1:30-2:30</u> Self Empowerment 820 1729 4893</p> <p><u>3:00-4:30</u> Hybrid-Onsite/Zoom Wellness Center Talent Show 871 1223 3961</p>	<div style="border: 2px solid black; padding: 10px;"> <p style="text-align: center; background-color: yellow;"><b>Please Note</b></p> <p style="text-align: center;">To join online groups &amp; classes by phone, please call <b>(213) 338-8477</b> &amp; enter the meeting number when prompted. To access groups via computer, please log on to <b>Zoom.com</b> &amp; enter the meeting number under the join link. Or download the Zoom app from the App Store on your smartphone. See our Blog at <a href="http://www.wellnesscenteroc.com">www.wellnesscenteroc.com</a> or call our main number <b>714-361-4860</b> if you need help</p> </div>

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<p><b>28</b></p> <p><u>9:45-10:45</u> Dual Recovery Anon 108 Hybrid-Onsite/Zoom 847 7808 6908</p> <p><u>11:15-12:15</u> Yoga 889 7480 3364</p> <p><u>1:15-2:15</u> Healthy Relationships 856 3239 8128</p> <p><u>3:15-4:15</u> Breakthrough the Barriers of Trauma 816 7681 1961</p>	<p><b>29</b></p> <p><u>9:45-10:45</u> Eat Well, Live Well 828 4508 0989</p> <p><u>12:45-1:45</u> American History 818 6899 2601</p> <p><u>1:15-2:00</u> WC South Hybrid-Onsite/Zoom Health &amp; Community Health Fair 843 8674 4006</p> <p><u>2:15-3:15</u> AA Open Meeting Hybrid-Onsite/Zoom 836 0460 9371</p> <p><u>3:15-4:30</u> Choir 857 3185 8460</p>	<p><b>30</b></p> <p><u>9:45-10:45</u> NAMI Connection 824 5047 2205</p> <p><u>10:55-11:55</u> Community Meeting Hybrid-Onsite/Zoom 830 4709 0440</p> <p><u>12:45-1:45</u> WRAP 886 2747 7849</p> <p><u>2:30-3:30</u> Let's Go Virtual Tours 841 4044 7453</p> <p><u>3:30-4:30</u> Poetry 811 3705 9799</p>



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**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](http://www.wellnesscenteroc.com)

or call our main number **714-361-4860** if you need help

**Community Meeting Every Wednesday 10:55-11:55 Please Join Us!!**



**A Hybrid Zoom/Onsite Health & Community Resource Fair**

**JUNE 29, 2021  
1:15PM-2:00PM  
ZOOM MEETING  
# 843 8674 4006**

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Onsite Groups **June 2021**

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