



Wellness Center Central

Requirements and Information regarding On-Site Groups starting October 12, 2020

****Maximum Number of members for each session is 15****

1. You must be a member of Wellness Center Central. At this time, guests will not be permitted. If you are not currently a member of WCC but would like to attend our in-person meetings, please call our office at 714-361-4860 and you will be assisted to fill out a membership application and receive a member number.
2. Review the on-site calendar and call the office (714-361-4860) to make an appointment for the session of your choice starting October 5, 2020. You will only be able to make one appointment at a time for the upcoming week.
3. When making an appointment you will be given a COVID-19 pre-screening. If you are unwell we will ask that you contact us at a later date to make another appointment for a different week. You are welcome to join our WebEx tele-groups!
4. Once you make an appointment, please be sure to attend the Community Meeting on 10/7 at 11:15am, or Social Time on 10/9 at 11:15am via WebEx to receive important orientation information regarding returning to WCC. The following videos will be viewed during the orientation, but you are encouraged to view them prior as you may have questions:

<https://www.youtube.com/watch?v=X0OxrsgAP2w>

<https://www.youtube.com/watch?v=DCdxsnRF1Fk>

If you are unable to attend these orientation meetings, you will be required to do the orientation on-site prior to attending groups.

5. The day of your on-site appointment: Please arrive on-time to your scheduled appointment. All staff and members will have their temperature taken and complete a COVID-19 screening prior to enter the building, this will be conducted outside for the front doors at WCC. During this time 6 feet physical distancing will be enforced while waiting to enter the building for the day.
6. You will be required to wear a facial covering/mask during the entire on-site session that you choose to attend.
7. There will be no on-site storage available during the initial on-site groups. This includes for personal belongings or for lunches. The kitchen will be closed to members. You will be required to keep your personal belongings with you and consume any food off WCC grounds.

We look forward to welcoming you back to Wellness Center Central! Please contact us at 714-361-4860 with any questions or concerns.

Wellness Center Central

ONSITE Groups **October** 12 to 16, 2020

**Calendar is subject to change*

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	
12 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Depression Bipolar Support Alliance <u>10:35-10:50</u> Break <u>10:55-11:40</u> Positive Thinking <u>11:40-12:00</u> Social Time	13 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Dual Recovery Anonymous <u>10:35-10:50</u> Break <u>10:55-11:40</u> NAMI Connections <u>11:40-12:00</u> Social Time	14 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Depression Bipolar Support Alliance <u>10:35-10:50</u> Break <u>10:55-11:40</u> 12-Step Meeting <u>11:40-12:00</u> Social Time	15 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Self-Empowerment <u>10:35-10:50</u> Break <u>10:55-11:40</u> Social Anxiety Support Group <u>11:40-12:00</u> Social Time	16 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Coping Skills <u>10:35-10:50</u> Break <u>10:55-11:40</u> Depression Bipolar Support Alliance <u>11:40-12:00</u> Social Time	~ ~ ~ ~ ~ ~ * * * * * <i>To make an appointment to attend on site groups, or if you have questions please call our main number</i> 714-361-4860 * * * * * ~ ~ ~ ~ ~ ~
12:00-1:30 WCC Closed for Cleaning	12:00-1:30 WCC Closed for Cleaning	12:00-1:30 WCC Closed for Cleaning	12:00-1:30 WCC Closed for Cleaning	12:00-1:30 WCC Closed for Cleaning	
<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Depression Bipolar Support Alliance <u>3:05-3:20</u> Break <u>3:20-4:10</u> Positive Thinking <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Dual Recovery Anonymous <u>3:05-3:20</u> Break <u>3:20-4:10</u> NAMI Connections <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Depression Bipolar Support Alliance <u>3:05-3:20</u> Break <u>3:20-4:10</u> 12-Step Meeting <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Self-Empowerment <u>3:05-3:20</u> Break <u>3:20-4:10</u> Social Anxiety Support Group <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Coping Skills <u>3:05-3:20</u> Break <u>3:20-4:10</u> Depression Bipolar Support Alliance <u>4:10-4:30</u> Social Time	