



# Change the World Around you

Our mission at Wellness Center Central is to provide a safe and nurturing environment for each individual to achieve their vision of recovery from mental illness and addiction while promoting acceptance, dignity, social inclusion. Our core values at Wellness Center Central are our anchors. They encompass principles of the Recovery Model, our corporate oversight- Clarvida values, and values agreed upon by the Wellness Center community. The anchors guide all decisions involving members and staff alike. These values are: Welcoming, Collaboration, Discovery, Empowerment, Education, and Hope. We encompass these values through offering a wide variety of peer facilitated activities, groups, and classes.

We believe every employee can make a significant impact — not just in their role, but in the wider community.

Learn more about career Opportunities at  
**Clarvida.com/careers**

Learn more about our services at  
**Clarvida.com**

## Contact Us

Visit Wellness Center Central

401 S. Tustin Street Building C  
Orange, CA 92866

Monday to Thursday, Saturday 9:00 A.M.  
to 5:00 P.M. Friday 9:00 A.M. to 8:00 P.M.

**WWW.WELLNESSCENTEROC.COM**



**MENTAL  
HEALTH  
PEER-SUPPORT  
& RECOVERY**





## Membership is Free

Membership to WCC is free of charge with qualifying criteria and a completed application.

Qualifying criteria includes:

- Current Orange County, CA resident.
- 18 years of age or older.
- Currently or previously receiving mental health and/or substance abuse services.

WCC is contracted with the Orange County Health Care Agency to provide services with funding through the Mental Health Services Act/Prop 63.

# About Our Services

Wellness Center Central offers an array of groups, classes, events and activities to increase the wellness of the Orange County community through four key areas. Emotional, Spiritual, Physical, & Social

## Groups We Offer

### Emotional Groups

Emotional wellness comes through creative expression, support, and building community. Some of the groups offered include a wide range of arts including jewelry making, arts & crafts, glass arts, and written expression such as poetry, journaling, and WRAP (Wellness Recovery Action Plan)

### Social Groups

with the opportunity to establish healthy and positive social connections with others. Groups in this category includes our monthly events, community outing, social time, movie club, and music appreciation, among others.

### Spiritual Groups

Spiritual wellness involves groups that create insight, awareness, and growth of one's personal self through the practices of meditation and enlightenment. Alcoholics anonymous, narcotics anonymous, dual recovery anonymous are also included as part of our spiritual groups.

### Physical Groups

Physical wellness is essential for mental health support. Groups in this category includes bowling, campus sports activities: Volleyball, brain health and gardening.

### Membership is Free

ADDITIONAL SERVICES PROVIDED  
Employment and education supports are available, along with translation services in Spanish, Vietnamese, Korean, and Farsi.