

Wellness Center Central

November 2023

Calendar is subject to change. Translators available upon request.

401 S. Tustin Street # C

Orange, CA 92866

Phone: (714)361-4860

www.wellnesscenteroc.com

Hours of Operation

Monday-Thursday & Saturday 9:00am-5:00pm

Friday 9:00am-8:00pm

Monday	Tuesday	Wednesday	Thursday		
27 9:15-9:45 Ice Breaker LR 10:00-10:30 Walk & Talk OS 10:00-11:00 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 10:00-11:30 Join Us For Coffee F Jewelry Design 113 11:00-12:00 Break through the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 Yoga 107 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 Healthy Relationships 108 (H) 856 3239 8128 Conflict Resolution 111 1:00-2:30 Healing With Art 113 1:30-3:00 Cooking K 2:15-3:15 Coping Skills 108 Social Anxiety 111 3:30-4:30 DBSA 108 Game Time 114	28 9:15-9:45 Ice Breaker LR 9:45-10:45 Eat Well, Live Well 114 (H) 828 4508 0989 10:00-11:00 Al-Anon Meeting 107 10:00-11:30 OFF Campus Sport Activities-Grijalva Park 10:00-12:00 Watercolors 113 10:00-1:00 Volunteerism F Gold Coast Farms 11:00-12:00 Schizophrenia Alliance 114 DBSA 111 Karaoke 108 12:00-1:00 Social Time LR 1:00-2:00 Self Empowerment 111 (H) 895 9260 2224 Time Travel with Terry 108 (H) 818 6899 2601 1:30-2:30 Beginning Computer 109 2:00-4:00 Bowling at Concourse F 2:15-3:15 Anger Management 108 (H) 897 1661 6727 Glass Arts/Mosaics 113 3:30-4:30 Bingo 113 Chess Club 114 Dignificandonos 108	29 9:15-9:45 Ice Breaker LR 9:45-10:45 Wellness Wednesday 114 Gardening OS 9:45-11:00 NAMI Connection 108 (H) 824 5047 2205 9:45-11:15 Art Workshop 113 10:00-10:30 Walk & Talk OS 10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371 11:00-12:00 Community Meeting LR (H) 830 4709 0440 12:00-1:00 Social Time LR (H) 823 6633 6837 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 ASL Sign Language 108 Young Adult Group Preparing for the Future 107 1:00-2:30 Jewelry Design 113 1:00-2:30 WRAP 114 (H) 832 7126 3020 2:15-3:15 Grupo de Apoyo 108 2:30-4:00 Chess Club 114 Crochet 113 3:00-4:30 West African Drumming 111 3:30-4:30 Journaling 107 Social Skills 108	30 9:15-9:45 Ice Breaker LR 9:45-10:45 Tai Chi 107/OS 9:45-11:15 OFF Campus Sport Activities-Grijalva Park 10:00-11:00 Healthy Living 114 (H) 841 6593 6409 DBSA 108 (H) 874 1407 2502 10:00-3:00 Social Outing F Ontario Museum of Art in Upland 11:00-12:00 Open Discussion 108 Brain Health 114 Positive Thinking 107 (H) 841 4238 8927 12:00-1:00 Social Time LR 12:30-3:00 Volunteerism F Beach Clean Up 1:00-2:00 Juicing K College & Career Pathways 114 Enlightenment 111 1:00-2:30 Music Academy 108 (H) 885 0804 0727 2:00-4:30 Open Art Class 113 3:30-4:30 NA Open Meeting 111 (H) 836 0460 9371 Poetry 114 (H) 860 6045 5887	 <div> <p>*Notice* Campus Sport Activities For the time being, this group will take place off campus at Grijalva Park 368 N. Prospect Orange X-street-Chapman *Weather Permitting* Meet us there or ride with us</p> </div> <div> <p>~~~~~ For Help with your Wellness Recovery Action Plan (WRAP) ~~~~~ Please call Diana for Assistance at (714) 361-4860 9am-5pm *~*~*~*~*~*</p> </div> <div> <p>~~~~~ MAB Agenda Mtg. 11/13/2023 11:00-11:30 ~~~~~ MAB Mtg. 11/17/2023 11:00-12:30 ~~~~~ Closed Groups ~~~~~</p> </div> <div> <p>*~*~*~*~*~* Employment & Education support by appointment Please Contact Mario at (949) 406-9687 9am-5pm Monday- Friday</p> </div>	

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		Friday	Saturday
 <p>(H)=Hybrid Zoom/Onsite Group is online/onsite</p>  <p>For hybrid groups call (213) 338-8477, enter meeting number when prompted. Via computer at Zoom.US enter meeting number under the Join A Meeting link. You can download the Zoom app from the App Store on your smartphone. See our Blog at wellnesscenteroc.com or call 714-361-4860.</p>	 <div> <p>You're invited!</p> <p>WELLNESS CENTER CENTRAL</p> <h1>HOLIDAY LUNCH</h1> <p>THURSDAY, DECEMBER 21, 2023 12:00 P.M. - 2:30 P.M.</p> <p>Come make this Holiday season merry and bright with lunch at Wellness Center Central as we celebrate the season with food, fun, and friends. We hope to see you there!</p> <hr/> <p>401 S. TUSTIN ST. BUILDING C ORANGE, CA 92866 714-361-4860</p> <div> <p>WCC is funded by the OC Health Care Agency through the Mental Health Services Act</p>   </div> </div>	<p>1 9:15-9:45 Ice Breaker LR</p> <p>10:00-11:00 Looking Good-Feeling Good 108</p> <p>10:00-11:30 Cooking K</p> <p>10:00-11:30 Arts & Crafts 113</p> <p>10:00-1:00 OFF Campus Sport Activities-Grijalva Park</p> <p>11:00-11:30 Ambassador Meeting/PPSP 114</p> <p>11:00-12:00 Stay Fit Friday 107/OS AA Open Meeting 114</p> <p>12:00-1:00 Social Time LR (H) 823 6633 6837</p> <p>1:00-2:00 Mindfulness 111 **New Time** Balance & Boundaries 108 **New Times** 2:00-3:00 Women's Group 111 (H) 875 7924 1408 Men's Group 114 (H) 865 8458 5314 **New Times** 3:00-4:30 Good Vibes Circle 108 Chess Club 114 Glass Arts/Mosaics 113 **New Time** 3:15-4:15 Rock & Roll-Choir 107 (H) 857 3185 8460 5:00-8:00 Social Hour LR, 113, 108</p>	<p>2 9:15-9:45 Ice Breaker LR</p> <p>9:45-10:45 Coping Skills 108</p> <p>10:00-12:00 Jewelry Design 113</p> <p>10:15-11:15 Schizophrenia Alliance 114</p> <div> <p>10:30-4:00 Social Outing F UCR Arts Museum</p> </div> <p>11:00-12:00 Enlightenment 108 (H) 867 7506 1248</p> <p>12:00-1:00 Topic of the Day 108 (H) 810 6071 6338</p> <div> <p>12:00-3:30 Matinee Movies at AMC 30 at the Outlets at Orange Van leaves WCC at 12:00+ - Box Office 12:15+ - Return Pick Up at 3:30!</p> </div> <p>1:00-2:00 Poetry 114</p> <p>1:00-2:15 NAMI Connection 108 (H) 825 2384 8811</p> <p>2:15-4:25 Art Workshop 113 In House Cinema LR Bingo 114 Karaoke 108</p>

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4 9:15-9:45 Ice Breaker LR <u>10:00-10:30</u> Walk & Talk OS <u>10:00-10:50</u> Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 Life Hacks 113 <u>10:00-11:20</u> Join Us For Coffee F <u>11:00-11:50</u> Break through the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 Yoga 107 <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837 <u>1:00-2:00</u> Healthy Relationships 108 (H) 840 3417 3056 Conflict Resolution 111 <u>1:00-2:30</u> Healing With Art 113 <u>1:30-3:00</u> Cooking K <u>2:15-3:15</u> Coping Skills 108 Social Anxiety 111 <u>3:30-4:30</u> DBSA 108 Game Time 114 	5 9:15-9:45 Ice Breaker LR <u>9:45-10:45</u> Eat Well, Live Well 114 (H) 814 7469 2733 <u>10:00-11:00</u> Al-Anon Meeting 107 <u>10:00-11:30</u> OFF Campus Sport Activities-Grijalva Park <u>10:00-12:00</u> Watercolors 113 <u>10:00-1:00</u> Volunteerism F Gold Coast Farms <u>11:00-12:00</u> Schizophrenia Alliance 114 DBSA 111 Karaoke 108 <u>12:00-1:00</u> Social Time LR <u>1:00-2:00</u> Self Empowerment 111 (H) 895 9260 2224 Time Travel with Terry 108 (H) 818 6899 2601 <u>1:30-2:30</u> Beginning Computer 109 <u>2:00-4:00</u> Bowling at Concourse F <u>2:15-3:15</u> Anger Management 108 (H) 897 1661 6727 Glass Arts/Mosaics 113 <u>3:30-4:30</u> Bingo 113 Chess Club 114	6 9:15-9:45 Ice Breaker LR <u>9:45-10:45</u> Wellness Wednesday 114 Gardening OS <u>9:45-11:00</u> NAMI Connection 108 (H) 824 5047 2205 <u>9:45-11:15</u> Art Workshop 113 <u>10:00-10:30</u> Walk & Talk OS <u>10:00-11:00</u> AA Open Meeting 111 (H) 836 0460 9371 <u>11:00-12:00</u> Community Meeting LR (H) 844 3176 0396 <u>11:00-2:00</u> Volunteerism F Food Distribution <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837 <u>1:00-2:00</u> ASL Sign Language 108 Young Adult Group Preparing for the Future 107 <u>1:00-2:30</u> Jewelry Design 113 <u>1:00-2:30</u> WRAP 114 (H) 832 7126 3020 <u>2:15-3:15</u> Grupo de Apoyo 108 <u>2:30-3:30</u> Bingo 107 <u>2:30-4:00</u> Chess Club 114 Crochet 113 <u>3:00-4:30</u> West African Drumming 111 <u>3:30-4:30</u> Journaling 107 Social Skills 108	7 **CLOSING AT 2:30PM TODAY <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Tai Chi 107/OS <u>9:45-11:15</u> OFF Campus Sport Activities-Grijalva Park <u>10:00-11:00</u> Healthy Living 114 (H) 812 0742 2407 DBSA 108 (H) 852 7154 9027 <u>10:00-2:20</u> Social Outing F Santiago Park Nature Walk <u>11:00-12:00</u> Open Discussion 108 Brain Health 114 Positive Thinking 107 (H) 841 4238 8927 <u>12:00-1:00</u> Social Time LR <u>12:30-2:00</u> Volunteerism F Beach Clean Up <u>1:00-2:00</u> Juicing K College & Career Pathways 114 Enlightenment 111 *Special Time Today* NA Open Meeting 111 (H) 836 0460 9371 <u>1:00-2:30</u> Music Academy 108 (H) 885 0804 0727 WCC CLOSING AT 2:30PM Today for Staff Appreciation Celebration. Thank you for understanding!	8 9:15-9:45 Ice Breaker LR <u>10:00-11:00</u> Looking Good-Feeling Good 108 <u>10:00-11:30</u> Cooking K <u>10:00-11:30</u> Arts & Crafts 113 <u>10:00-1:00</u> OFF Campus Sport Activities-Grijalva Park <u>11:00-11:30</u> Chat With MAB 114 <u>11:00-12:00</u> Stay Fit Friday 107/OS AA Open Meeting 114 LGBTQ+(Closed)108 <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837 <u>1:00-2:00</u> Mindfulness 111 **New Time** Balance & Boundaries 108 **New Times** <u>2:00-3:00</u> Women's Group 111 (H) 875 7924 1408 Men's Group 114 (H) 865 8458 5314 **New Times** <u>3:00-4:30</u> Good Vibes Circle 108 Chess Club 114 Glass Arts/Mosaics 113 **New Time** <u>3:15-4:15</u> Tea Time <u>5:00-8:00</u> Social Hour LR, 113, 108	9 9:15-9:45 Ice Breaker LR <u>9:45-10:45</u> Coping Skills 108 <u>10:00-12:00</u> Jewelry Design 113 <u>10:15-11:15</u> Schizophrenia Alliance 114 <u>10:30-4:00</u> Social Outing F Candy Cane Land & Craft Fair Ehler's Event Center <u>11:00-12:00</u> Enlightenment 108 (H) 867 7506 1248 <u>12:00-1:00</u> Topic of the Day 108 (H) 810 6071 6338 <u>12:00-3:30</u> Matinee Movies at AMC 30 at the Outlets at Orange Van leaves WCC at 12:00+ - Box Office 12:15+ - Return Pick -3:30! <u>1:00-2:00</u> Poetry 114 <u>1:00-2:15</u> NAMI Connection 108 (H) 825 2384 8811 <u>2:15-4:25</u> Art Workshop 113 In House Cinema LR Bingo 114 Karaoke 108

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Friday 9:00am-8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25  <div style="border: 2px solid red; padding: 10px; text-align: center;"> <p><i>Wellness Center Central will be closed for the holiday. We wish you a happy, healthy long weekend</i></p> </div> 	26 9:15-9:45 Ice Breaker LR 9:45-10:45 Eat Well, Live Well 114 (H) 814 7469 2733 10:00-11:00 Al-Anon Meeting 107 10:00-11:30 OFF Campus Sport Activities-Grijalva Park 10:00-12:00 Watercolors 113 10:00-1:00 Volunteerism F Gold Coast Farms 11:00-12:00 Schizophrenia Alliance 114 DBSA 111 Karaoke 108 12:00-1:00 Social Time LR 1:00-2:00 Self Empowerment 111 (H) 895 9260 2224 Time Travel with Terry 108 (H) 818 6899 2601 1:30-2:30 Beginning Computer 109 2:00-4:00 Bowling at Concourse F 2:15-3:15 Anger Management 108 (H) 897 1661 6727 Glass Arts/Mosaics 113 3:30-4:30 Bingo 113 Chess Club 114	27 9:15-9:45 Ice Breaker LR 9:45-10:45 Wellness Wednesday 114 Gardening OS 9:45-11:00 NAMI Connection 108 (H) 824 5047 2205 9:45-11:15 Art Workshop 113 10:00-10:30 Walk & Talk OS 10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371 11:00-12:00 Community Meeting LR (H) 844 3176 0396 12:00-1:00 Social Time LR (H) 823 6633 6837 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 ASL Sign Language 108 Young Adult Group Preparing for the Future 107 1:00-2:30 Jewelry Design 113 1:00-2:30 WRAP 114 (H) 832 7126 3020 2:15-3:15 Grupo de Apoyo 108 2:30-3:30 Bingo 107 2:30-4:00 Chess Club 114 Crochet 113 3:30-4:30 Journaling 107 Social Skills 108 	28 9:15-9:45 Ice Breaker LR 9:45-10:45 Tai Chi 107/OS 9:45-11:15 OFF Campus Sport Activities-Grijalva Park 10:00-11:00 Healthy Living 114 (H) 812 0742 2407 DBSA 108 (H) 852 7154 9027 10:00-3:00 Social Outing F Tucker Wildlife Sanctuary 11:00-12:00 Open Discussion 108 Brain Health 114 **New Time** Positive Thinking 107 (H) 841 4238 8927 12:00-1:00 Social Time LR 12:30-3:00 Volunteerism F Beach Clean Up 1:00-2:00 Juicing K College & Career Pathways 114 Enlightenment 111 1:00-2:30 Music Academy 108 (H) 885 0804 0727 2:00-4:30 Open Art Class 113 3:30-4:30 NA Open Meeting 111 (H) 836 0460 9371 Poetry 114 (H) 860 6045 5887	29 9:15-9:45 Ice Breaker LR 10:00-11:00 Looking Good-Feeling Good 108 10:00-11:30 Cooking K 10:00-11:30 Arts & Crafts 113 10:00-1:00 OFF Campus Sport Activities-Grijalva Park 11:00-11:30 Ambassador Meeting/ PPSP 114 11:00-12:00 Stay Fit Friday 107/OS AA Open Meeting 114 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 Mindfulness 111 **New Time** Balance & Boundaries 108 **New Times** 2:00-3:00 Women's Group 111 (H) 875 7924 1408 Men's Group 114 (H) 865 8458 5314 **New Times** 3:00-4:30 Good Vibes Circle 108 Chess Club 114 Glass Arts/Mosaics 113 **New Time** 3:15-4:15 Rock & Roll-Choir 107 (H) 857 3185 8460 5:00-8:00 Social Hour- Super Bingo! LR, 113, 108 	30 9:15-9:45 Ice Breaker LR 9:45-10:45 Coping Skills 108 10:00-12:00 Jewelry Design 113 10:15-11:15 Schizophrenia Alliance 114 <div style="border: 2px solid green; padding: 10px; text-align: center;"> <p><u>10:30-4:00</u> Social Outing F California African American Museum</p> </div> 11:00-12:00 Enlightenment 108 (H) 867 7506 1248 12:00-1:00 Topic of the Day 108 (H) 810 6071 6338 <div style="border: 2px solid green; padding: 10px; text-align: center;"> <p><u>12:00-3:30</u> Matinee Movies at AMC 30 at the Outlets at Orange Van leaves WCC at 12:00+ - Box Office 12:15+ - Return Pick Up at 3:30!</p> </div> 1:00-2:00 Poetry 114 1:00-2:15 NAMI Connection 108 (H) 825 2384 8811 2:15-4:25 Art Workshop 113 In House Cinema LR Bingo 114 Karaoke 108

Wellness Center Central

December 2023

Calendar is subject to change. Translators available upon request.

401 S. Tustin Street # C
Orange, CA 92866
Phone: (714)361-4860
www.wellnesscenteroc.com

Hours of Operation
Monday-Thursday & Saturday 9:00am-5:00pm
Friday 9:00am-8:00pm

**Employment
& Education
support by
appointment**
**Please
Contact
Mario at
(949) 406-9687
9am-5pm
Monday-
Friday**

**For Help
with your
Wellness
Recovery
Action Plan
(WRAP)**
~~~~~  
**Please call  
Diana for  
Assistance at  
(714) 361-4860  
9am-5pm**

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## Holiday Lunch

AT WELLNESS CENTER SOUTH  
LUNCH, LIVE MUSIC, PHOTOBOOTH, GAMES

WEDNESDAY, DECEMBER 13, 2023  
12 P.M. - 3 P.M.

23072 Lake Center Dr. Ste 115, Lake Forest, CA 92630  
For more info call: 949-528-6822

Wishing your Holiday is filled with the magic of the season  
and the company of loved ones



\*Funded by the OC Health Care Agency through the Mental Health Services Act.

## WELLNESS CLUB Art & Mindfulness

### TOPICS COVERED:

- Discover the benefits of mindfulness
- Use simple doodling as a way to improve focus
- Learn methods to reduce anxiety

THURSDAY

DEC. 14, 2023

2:00PM - 3:15PM

### VIRTUAL EVENT

Zoom ID: 860 5385 2367  
Passcode: Wellness12

Open to all individuals receiving mental health services from within the OC Health Care Agency's behavioral health care system or receiving services at any OC Wellness Centers.



**\*Notice\***  
**Campus Sport  
Activities**  
*For the time being,  
this group will take  
place off campus at  
Grijalva Park  
368 N. Prospect  
Orange  
X-street-Chapman  
\*Weather  
Permitting\**  
**Meet us there or  
ride with us**

**Translators  
available up-  
on request in:**  
**Spanish,  
Vietnamese,  
Farsi,  
Chinese and  
Korean**

**Happy  
Holidays!!!**

~~~~~  
**MAB
Agenda Mtg.**
**12/15/2023
11:00-11:30**

~~~~~  
**MAB Mtg.**  
**12/22/2023  
11:00-12:30**

~~~~~  
Closed Groups
~~~~~

## HOLIDAY LUNCHEON

WEDNESDAY  
12:00P.M. - 2:00P.M.  
DECEMBER 20, 2023

11277 Garden Grove Blvd, Suite 101A,  
Garden Grove, CA 92843  
(657) 667-6455

Gather with us for a warm  
Holiday Luncheon with  
fellow peers to celebrate a  
season of giving.

FUNDED BY OC HEALTH CARE AGENCY  
THROUGH THE MENTAL HEALTH SERVICES  
ACT.

icare

mha  
Mental Health Association  
of Orange County

OC Health  
CARE AGENCY

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## Group Descriptions

**Emotional Groups:** *Designed to aid our members with establishing their own ability to cope and understand themselves, while addressing overall member goals related to advocacy and recovery.*

**Anger Management-** Members learn to utilize the tools needed to recognize, accept, and understand emotional feelings and physiological reactions anger causes, and how to respond effectively.

**Art Groups-** Come join any Art Group (see calendar) to learn to use art as a tool for self-expression & self-exploration & benefit from using art as a creative way to process feelings.

**Balance and Boundaries-** Members can explore steps to establishing and maintaining healthy boundaries.

**Break through the Barriers of Trauma-** takes a holistic (mind, body, soul, spirit) approach to overcoming trauma. This trauma-informed care class gives participants the recovery tools to be resilient.

**Coping Skills-** Members learn techniques to better manage, and how to effectively cope with daily struggles in life.

**DBSA (Depression, Bipolar Support Alliance)-** DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders. Meets three times weekly.

**College & Career Pathways (Employment/Education)-** Attend group; call for support and assistance—get help with locating hot job leads, resume help, interview tips and much more. If you've been thinking about going back to school, or are curious if you should go back, WCC staff will assist and guide you through the process and provide information about school related materials. Members are encouraged to speak to our facilitators and/or Employment/Education Specialist anytime.

**Grupo de Apoyo:** Para miembros de habla hispana

**Healthy Relationships-** Members explore different types of relationships and how to engage in healthy relationships.

**Jewelry Design-** Members learn about beading and making different kinds of jewelry such as necklace and bracelets.

**Job Club-** Provides ongoing motivation and group support while reinforcing and improving job-seeking skills.

**LGBTIQ+ - Closed Group-** Share and Care Support group giving open-minded, helpful, safe and kind environment and atmosphere for LGBTQ+ community to discuss their successes and concerns exclusive of outside influence.

**Men's Group-** This group is an open forum to share ideas, concerns, and solutions specific to men.

**Glass Arts/Mosaics-** In these classes members practice forms of glass art including stained glass and mosaics.

**NAMI Connection-** NAMI Connection is a recovery support group for adults living with mental illness where members learn from sharing experiences and coping strategies in a positive and supportive environment. Meets twice weekly.

**Poetry-** Join fellow members to read and learn poetry and incorporate it in your recovery journey.

**Positive Thinking-** Members will have the opportunity to review positive quote from famous people and discuss how these quotes can be applied to daily lives.

**Rock'n'Roll-Choir-** Come join in to learn & sing fun/popular songs sharing music in recovery together; bring your own instrument if you can. All experience levels welcome!

**Schizophrenia Alliance-** join us to learn about and discuss schizophrenia and related schizoaffective disorders and diagnosis for better understanding, learn the six steps for recovery and how we can diffuse stigmas and fears and offer support in recovery and wellness. Meets twice a week.

**Self-Empowerment-** Members have an opportunity to discuss many practical coping skills and tools which lead to self-empowerment as they recognize their own role in the recovery process.

**Social Anxiety Support Group-** In this group, we share our experiences with social anxiety and ways to cope with it, do some role playing to challenge ourselves while having some fun and read over some material related to social anxiety, and discuss. Open to people with any anxiety about anything!

**Women's Group-** This group is an open forum to share ideas, concern, and solutions specific to women.

**Watercolors-** Learn water color and graphite techniques from a fellow member.

**Young Adult Group-Preparing for the Future:** For members aged 18 to 26—Come discuss hopes & dreams for the future & how to plan.

**Physical Groups:** *Designed to promote the ability to strive for and achieve a healthy quality of life, while addressing overall member goals related to physical health, nutrition, and overall well-being.*

**Brain Health-** This group discusses ways to improve one's memory and introduces practical memory techniques, overall health of the brain and what science newly discovers on brain health.

**Campus Sports Activities—**join fellow members and staff for friendly games of ... **Basketball-** Members practice basketball techniques and learn to play a team sport on a half court located on the Wellness Center campus, **Horseshoes-** Members practice throwing horseshoes on a half court located on the Wellness Center campus and **Volley Ball-** Members practice volleyball skills and learn to play a team sport off campus at a local park and/or Huntington Beach.

**Cooking Classes-** Make and share a meal with fellow members! We learn budget menus, special diets, and some gourmet meals too. Bring a recipe to share if you have a favorite.

**Healthy Living-** Members learn different steps, actions and strategies one puts in place to achieve optimum health.

**Gardening-** This class integrates the "garden" into our human culture and civilization. This class teaches members about gardening, agriculture, and how to take care of our natural resources.

**Juicing-** Members learn about juicing of fruit and vegetables and its health benefits.

**Laughter Yoga** demonstrates using breath and voluntary laughter giving the same physiological & psychological benefits as spontaneous laughter.

**Tai Chi-** Eastern exercise, using breath and slow movement to build energy and strength. Daily practice helpful for self-defense.

**Walk & Talk-** Stroll around the WCC campus and/or to the bike trail along the nearby creek while chatting with fellow members and staff. Meets two times a week.

**Yoga-** Members learn basic & intermediate yoga to create balance in the body through developing strength & flexibility. All are welcome, beginners thru advanced.

**Spiritual Groups:** Designed to assist members with finding their own personal peace and tranquility while addressing overall member goals related to values and wellness:

**AA Open Meeting (Alcoholics Anonymous)-** This 12-Step meeting uses a traditional 12 steps model that has been expanded and developed for people with varied substance abuse issues. It provides support and social networking through community involvement while recovering from substance and alcohol abuse/dependence.

**Dual Recovery Anonymous-** This 12-Step group provides support and social networking through community involvement while recovering from mental illness and other issues such as substance abuse/dependence.

**Enlightenment-** Members share moments in life that helped them gain wisdom, spiritual achievements, and physical progress. All are encouraged to discuss personal Ah-ha moments.

**Mindful Meditation & Mindfulness-** These classes help to increase awareness of oneself through spiritual exercises like breathing, meditation and mindfulness practices.

**NA (Narcotics Anonymous) Open meeting—** With the 12 Steps, assists with finding the freedom to live your life without the use of drugs. NA is a fellowship of men and women for whom drugs have become a major problem.

**Resilience-** Learn the ability to bounce back, recover, develop a stronger capacity to respond to adversity and even build inner strength and boost confidence in many areas of life.

**West African Drumming –** Members learn the history of drums from the West African Region while practicing rhythms that have specific meanings. The drums are authentic West African drums.

**WRAP (Wellness Recovery Action Plan)-** Learn to identify what keeps us well, and then use your own Wellness Tools to relieve difficult feelings and maintain wellness and a higher quality of life.

**Social Groups:** Designed to provide our members with the opportunity to establish and maintain healthy, positive and lasting relationships with their friends and families while addressing overall member goals. Some groups are indoor or outdoor recreation and/or community involvement.

**Ambassador Meeting/PPSP-** WCC Peer Partner Support Program & Ambassador Program for members who wish to share the recovery they have experienced to assist & support other members.

**Beginning Computer-** An introduction to all things computers, from hardware to software. Open to all levels of proficiency and covers internet browsing and e-mail as well.

**Bingo & Super Bingo-** Members enjoy the game of B I N G O!!!! Enjoy spending time with fellow members playing a fun game!

**Join Us For Coffee-** Come with us to spend a little time chatting and enjoying a quick meal.

**Chat With MAB-** Spend a little time with your Member Advisory Board members and staff to give feedback and suggestions.

**Chess Club-** Join other members and staff to build your chess playing skills and strategies each week or learn the game from some experienced players.

**Community Meeting-** This important weekly meeting is for all members to learn more about the Center as they get updates on the center, different activities and groups, and events that are going on in the community. Members also get to meet the staff and interact with them.

**Karaoke-** Members share their love for singing and connect with others through music. No singing skills required.

**Life Hacks-** Tips, tricks and short cuts to make life easier. Join us to chat and share about ways to make life simpler!

**Matinee Movie/In House Cinema-** Members enjoy watching movies both in the community and at the center. Members are encouraged to discuss their thoughts about these movies afterwards.

**Music Academy-** High quality, fun and personalized vocal and guitar lessons from an experienced professional! You may bring your own guitar if you have one.

**Open Discussion-** This group provides support for members to help them through their recovery, self-esteem, confidence, etc. It is also a group that discuss various subjects.

**Social Hour-** This group provides a great opportunity for members to come out and socialize with others through Karaoke, Wii Sports, Bingo and other games.

**Social Outing –** This group offers an opportunity for members to go to local venues in the community to learn about history, art, special places, try something different, get out and have some fun.

**Social Time-** this daily group is a time to practice good social skills while having some fun playing games, guessing trivia and riddles and sharpening memory.

**Tea Time-** Members enjoy a traditional Tea Ceremony, learning the history of tea, the benefits of drinking tea while relaxing and socializing with one another.

**Time Travel with Terry -** Learn about History from a knowledgeable historian. Hear the history of locations and events and how they have

**Volunteerism-** This group offers unique opportunities to serve others and the community. It teaches how to give back as it is an important part of the recovery.