November 2023

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

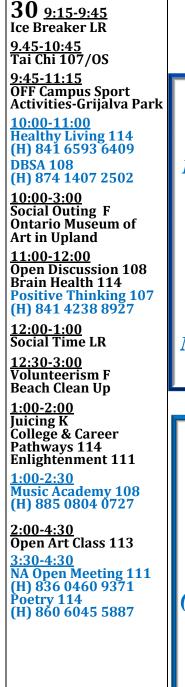
Thursday

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

November 2023				
Monday	hange. Translators available. Tuesday			
27 <u>9:15-9:45</u> Ice Breaker LR	28 <u>9:15-9:45</u> Ice Breaker LR			
	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			
Healing With Art 113 1:30-3:00 Cooking K	1:30-2:30 Beginning Computer 109 2:00-4:00 Bowling at Concourse F			
2:15-3:15 Coping Skills 108 Social Anxiety 111 3:30-4:30	2:15-3:15 Anger Management 108 (H) 897 1661 6727 Glass Arts/Mosaics 113			
DBSA 108 Game Time 114	3:30-4:30 Bingo 113 Chess Club 114 Dignificandonos 108			
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	Wednesday	
	29 <u>9:15-9:45</u> Ice Breaker LR	I
	9:45-10:45 Wellness Wednesday 114 Gardening OS	<u>(</u>
	9:45-11:00 NAMI Connection 108 (H) 824 5047 2205	(
	9:45-11:15 Art Workshop 113	1 H
	10:00-10:30 Walk & Talk OS	I (
	10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371	1
	<u>11:00-12:00</u> Community Meeting LR (H) 830 4709 0440	1
	12:00-1:00 Social Time LR (H) 823 6633 6837	1 (
	12:00-3:00 Volunteerism F Beach Clean Up	H (
	1:00-2:00 ASL Sign Language 108	5
	Young Adult Group Preparing for the Future 107	Ī
	<u>1:00-2:30</u> Jewelry Design 113	<u>J</u>
	1:00-2:30 WRAP 114 (H) 832 7126 3020	Ì
	<u>2:15-3:15</u> Grupo de Apoyo 108	1 N
	2:30-4:00 Chess Club 114 Crochet 113	2
	3:00-4:30 West African Drumming 111	I
	<u>3:30-4:30</u> Journaling 107 Social Skills 108	(H





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

\*~\*~\*~\*~\* Employment & Education support by appointment Please Contact Mario at (949) 406-9687 9am-5pm Monday-Friday MAB
Agenda Mtg.
11/13/2023
11:00-11:30
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MAB Mtg.
11/17/2023
11:00-12:30
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Closed Groups

#### 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

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

Friday

**1** 9:15-9:45

10:00-11:00

10:00-11:30 Cooking K

<u>10:00-11:30</u> Arts & Crafts 113

**10:00-1:00** 

11:00-11:30

11:00-12:00

12:00-1:00

1:00-2:00

2:00-3:00

3:00-4:30

3:15-4:15

5:00-8:00

**PPSP 114** 

OFF Campus Sport

Activities-Grijalva Park

Ambassador Meeting/

Stay Fit Friday 107/08

AA Open Meeting 114

**Balance & Boundaries 108** 

Women's Group 111 (H)

Men's Group 114 (H)

**Good Vibes Circle 108** 

**Glass Arts/Mosaics 113** 

Rock & Roll-Choir 107

Social Hour LR, 113, 108

(H) 857 3185 8460

Social Time LR (H)

823 6633 6837

Mindfulness 111

\*\*New Time\*\*

\*\*New Times\*\*

875 7924 1408

865 8458 5314

\*\*New Times\*\*

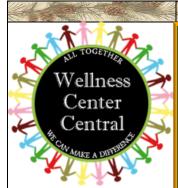
Chess Club 114

\*\*New Time\*\*

Good 108

Ice Breaker LR

Looking Good-Feeling

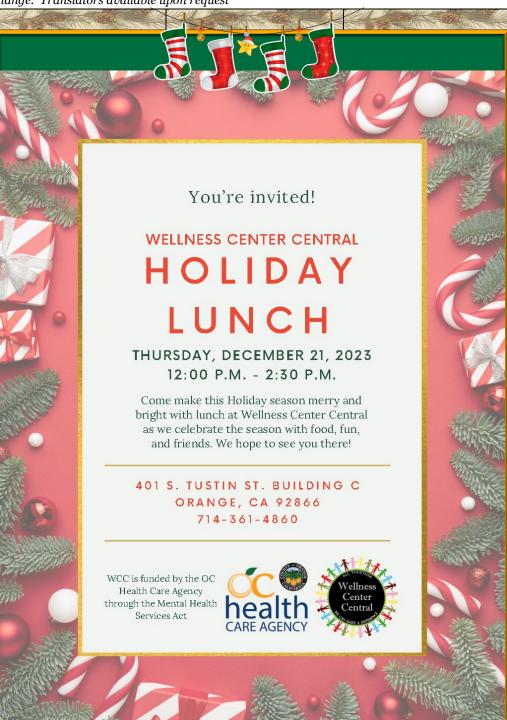




(H)=Hybrid Zoom/Onsite Group is online/onsite



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.



2 9:15-9:45 Ice Breaker LR 9:45-10:45 Coping Skills 108

Saturday

10:00-12:00 Jewelry Design 113

10:15-11:15 Schizophrenia Alliance 114

> 10:30-4:00 Social Outing F

UCR Arts Museum

11:00-12:00 Enlightenment 108 (H) 867 7506 1248

12:00-1:00 Topic of the Day 108 (H) 810 6071 6338

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
Un at 3:30!

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

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401 S. Tustin Street # C Orange, CA 92866 Phone: (714)261, 4860

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

| December 2023                                                    |                                                        | Phone: (714)361-4860                                     |                                                                              | Friday 9:00am-8:00pm                                               |                                                                                 |  |
|------------------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------------------------|--|
| Calendar is subject to change. Translators available upo         |                                                        | on request www.wellnesscenteroc.com                      |                                                                              |                                                                    |                                                                                 |  |
| Monday                                                           | Tuesday                                                | Wednesday                                                | Thursday                                                                     | Friday                                                             | Saturday                                                                        |  |
| <b>4</b> 9:15-9:45                                               | <b>5</b> 9:15-9:45                                     | 6 9:15-9:45                                              | 7 **CLOSING AT                                                               | 8 9:15-9:45                                                        | 9 9:15-9:45                                                                     |  |
| Ice Breaker LR                                                   | Ice Breaker LR                                         | Ice Breaker LR                                           | 2:30PM TODAY                                                                 | Ice Breaker LR                                                     | Ice <del>Breaker L</del> R                                                      |  |
| 10:00-10:30<br>Walk & Talk OS                                    | 9:45-10:45<br>Eat Well,<br>Live Well 114               | 9:45-10:45<br>Wellness Wednesday 114<br>Gardening OS     | <u>9:15-9:45</u><br>Ice Breaker LR<br><u>9.45-10:45</u>                      | 10:00-11:00<br>Looking Good-Feeling<br>Good 108                    | 9:45-10:45<br>Coping Skills 108<br>10:00-12:00<br>Jewelry Design 113            |  |
| 10:00-10:50<br>Mindful Meditation 111                            | (H) 814 7469 2733<br>10:00-11:00                       | 9:45-11:00<br>NAMI Connection 108<br>(H) 824 5047 2205   | Tai Chi 107/OS<br>9:45-11:15                                                 | 10:00-11:30                                                        | 10:15-11:15                                                                     |  |
| Dual Recovery<br>Anonymous 108 (H)                               | Al-Anon Meeting 107                                    | 9:45-11:15<br>Art Workshop 113                           | OFF Campus Sport<br>Activities-Grijalva Park                                 | Cooking K<br>10:00-11:30                                           | Schizophrenia<br>Alliance 114                                                   |  |
| 847 7808 6908<br>Life Hacks 113                                  | 10:00-11:30<br>OFF Campus Sport                        | 10:00-10:30<br>Walk & Talk OS                            | 10:00-11:00                                                                  | Arts & Crafts 113                                                  | 10:30-4:00                                                                      |  |
| 10:00-11:20<br>Join Us For Coffee F                              | Activities-Grijalva Park 10:00-12:00                   |                                                          | Healthy Living 114<br>(H) 812 0742 2407                                      | 10:00-1:00<br>OFF Campus Sport<br>Activities-Grijalva Park         | Social Outing F                                                                 |  |
| <u>11:00-11:50</u>                                               | Watercolors 113<br>10:00-1:00                          | 10:00-11:00<br>AA Open Meeting 111<br>(H) 836 0460 9371  | DBSA 108<br>(H) 852 7154 9027                                                | 11:00-11:30                                                        | Candy Cane Land &<br>Craft Fair                                                 |  |
| Break through the<br>Barriers of Trauma 108<br>(H) 816 7681 1961 | Volunteerism F<br>Gold Coast Farms                     | 11:00-12:00<br>Community Meeting LR<br>(H) 844 3176 0396 | 10:00-2:20<br>Social Outing F<br>Santiago Park                               | Chat With MAB 114  11:00-12:00  Story Fit Friday 107 (05)          | Ehler's Event<br>Center                                                         |  |
| Music Appreciation 114<br>Yoga 107                               | 11:00-12:00<br>Schizophrenia Alliance 114<br>DBSA 111  | 11:00-2:00<br>Volunteerism F<br>Food Distribution        | Nature Walk<br>11:00-12:00                                                   | Stay Fit Friday 107/OS<br>AA Open Meeting 114<br>LGBTQ+(Closed)108 |                                                                                 |  |
| 12:00-1:00<br>Social Time LR (H)                                 | Karaoke 108                                            | 12:00-1:00<br>Social Time LR (H)<br>823 6633 6837        | Open Discussion 108<br>Brain Health 114                                      | 12:00-1:00<br>Social Time LR (H)                                   | 11:00-12:00<br>Enlightenment 108<br>(H) 867 7506 1248                           |  |
| 823 6633 6837                                                    | 12:00-1:00<br>Social Time LR                           | 1:00-2:00<br>ASL Sign Language 108                       | Positive Thinking 107 (H) 841 4238 8927                                      | 823 6633 6837                                                      | 12:00-1:00<br>Topic of the Day 108                                              |  |
| 1:00-2:00<br>Healthy<br>Relationships 108                        | 1:00-2:00<br>Self Empowerment 111                      | Young Adult Group                                        | 12:00-1:00<br>Social Time LR                                                 | 1:00-2:00<br>Mindfulness 111                                       | (H) 810 6071 6338                                                               |  |
| (H) 840 3417 3056<br>Conflict Resolution 111                     | (H) 895 9260 2224<br>Time Travel with Terry            | Preparing for<br>the Future 107<br>1:00-2:30             | 12:30-2:00                                                                   | **New Time** Balance & Boundaries 108                              | <u>12:00-3:30</u><br>Matinee Movies                                             |  |
| 1:00-2:30                                                        | 108 (H) 818 6899 2601                                  | Jewelry Design 113                                       | Volunteerism F<br>Beach Clean Up                                             | **New Times** 2:00-3:00                                            | at AMC 30 at the<br>Outlets at Orange                                           |  |
| Healing With Art 113                                             | 1:30-2:30<br>Beginning Computer 109                    | 1:00-2:30<br>WRAP 114 (H)<br>832 7126 3020               | <u>1:00-2:00</u><br>Juicing K                                                | Women's Group 111 (H)<br>875 7924 1408<br>Men's Group 114 (H)      | <u>Van leaves</u>                                                               |  |
| 1:30-3:00<br>Cooking K                                           | 2:00-4:00<br>Bowling at Concourse F                    | 2:15-3:15<br>Grupo de Apoyo 108                          | College & Career<br>Pathways 114                                             | 865 8458 5314                                                      | WCC at 12:00+ - Box Office 12:15+ -                                             |  |
| 2:15-3:15<br>Coping Skills 108<br>Social Anxiety 111             | 2:15-3:15<br>Anger Management 108<br>(H) 897 1661 6727 | 2:30-3:30<br>Bingo 107                                   | Enlightenment 111 *Special Time Today* NA Open Meeting 111 (H) 836 0460 9371 | **New Times** 3:00-4:30 Good Vibes Circle 108                      | Return Pick -3:30!  1:00-2:00  Rectar 114                                       |  |
| 3:30-4:30<br>DBSA 108                                            | Gláss Arts/Mosaics 113<br>3:30-4:30                    | 2:30-4:00<br>Chess Club 114<br>Crochet 113               | 1:00-2:30                                                                    | Chess Club 114<br>Glass Arts/Mosaics 113                           | Poetry 114<br>1:00-2:15                                                         |  |
| Game Time 114                                                    | Bingo 113<br>Chess Club 114                            | 3:00-4:30<br>West African<br>Drumming 111                | Music Academy 108<br>(H) 885 0804 0727<br>WCC CLOSING AT                     | **New Time**<br>3:15-4:15<br>Tea Time                              | NAMI<br>Connection 108 (H)<br>825 2384 8811                                     |  |
|                                                                  |                                                        | 3:30-4:30<br>Journaling 107<br>Social Skills 108         | 2:30PM Today<br>for Staff Appreciation<br>Celebration.<br>Thank you for      | 5:00-8:00<br>Social Hour LR, 113, 108                              | 2:15-4:25<br>Art Workshop 113<br>In House Cinema LR<br>Bingo 114<br>Karaoke 108 |  |
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401 S. Tustin Street # C Orange, CA 92866 Phone: (714)361-4860

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

December 2023
Calendar is subject to change. Translators available upon request. www.wellnesscenteroc.com Thursday Monday Tuesday Wednesday Friday Saturday **13 11** <u>9:15-9:45</u> **14** 9:15-9:45 **16** 9:15-9:45 **15** 9:15-9:45 9:15-9:45 9:15-9:45 Ice Breaker LR <u>9:45-10:45</u> Wellness Wednesday 114 9:45-10:45 Coping Skills 108 9.45-10:45 Tai Chi 107/0S \*New Time\* 9:45-10:45 10:00-10:30 10:00-11:00 Eat Well. **Gardening OS** Walk & Talk OS Looking Good-Feeling Good 108 10:00-12:00 Live Well 114 9:45-11:15 lewelry Design 113 OFF Campus Sport 10:00-11:00 (H) 814 7469 2733 9:45-11:00 NAMI Connection 108 (H) 10:15-11:15 Schizophrenia Mindful Meditation Activitieŝ-Griialva Park 10:00-11:30 10:00-11:00 824 5047 2205 111 Cooking K 10:00-11:00 **Al-Anon Meeting 107** Alliance 114 **Dual Recovery** 9:45-11:15 **Healthy Living 114** 10:00-11:30 10:00-11:30 Anonymous 108 (H) (H) 812 0742 2407 **Art Workshop 113** Arts & Crafts 113 OFF Campus Sport 847 7808 6908 10:00-10:30 Walk & Talk OS **DBSA 108** Activities-Grijalva Park 10:30-4:00 10:00-1:00 (H) 852 7154 9027 10:00-11:30 Social Outing F **OFF Campus Sport** 10:00-12:00 **Toin Us For Coffee F** 10:00-3:00 10:00-11:00 AA Open Meeting 111 (H) Activities-Grijalva Park Watercolors 113 **Social Outing F Jewelry Design 113** Fowler Museum Roger's Garden 11:00-11:30 836 0460 9371 10:00-1:00 11:00-12:00 Ambassador Meeting/ Volunteerism F 11:00-12:00 Break through the 11:00-12:00 **PPSP 114** 11:00-12:00 Enlightenment 108 **Gold Coast Farms** Open Discussion 108 Community Meeting LR (H) 844 3176 0396 **Barriers of Trauma** Brain Health 114 11:00-12:00 108 (H) 816 7681 1961 11:00-12:00 (H) 867 7506 1248 **Positive Thinking 107** Stav Fit Friday 107/0S Schizophrenia Alliance 114 12:00-1:00 Social Time LR (H) Music Appreciation 12:00-1:00 Topic of the Day 108 (H) 841 4238 89**2**7 **DBSA** 111 AA Open Meeting 114 114 823 6633 6837 12:00-1:00 Karaoke 108 **Yoga 107** (H) 810 6071 6338 12:00-1:00 Social Time LR 12:00-3:00 Social Time LR (H) 12:00-1:00 12:00-1:00 Volunteerism F Beach Clean Up 12:30-3:00 Volunteerism F 823 6633 6837 Social Time LR (H) Social Time LR 12:00-3:30 823 6633 6837 1:00-2:00 1:00-2:00 1:00-2:00 ASL Sign Language 108 Beach Clean Up **Matinee Movies** 1:00-2:00 Self Empowerment 111 Mindfulness 111 at AMC 30 at the 1:00-2:00 (H) 895 9260 2224 \*\*New Time\*\* Healthy Young Adult Group **Outlets at Orange Juicing K** Relationships 108 Preparing for the Future 107 **Balance & Boundaries 108** Time Travel with Terry College & Career Van leaves (H) 840 3417 3056 108 (H) 818 6899 2601 Pathways 114 WCC at 12:00+ -\*\*New Times\*\* 1:00-2:30 Conflict Resolution **Enlightenment 111** 2:00-3:00 Box Office 12:15+ -**Tewelry Design 113** 1:30-2:30 111 1:00-2:30 **Beginning Computer 109** Women's Group 111 (H) Return Pick 1:00-2:30 WRAP 114 (H) 832 7126 3020 Music Academy 108 875 7924 1408 Up at 3:30! 1:00-2:30 2:00-4:00 (H) 885 0804 0727 Men's Group 114 (H) Healing With Art 113 **Bowling at Concourse F** 865 8458 5314 1:00-2:00 Poetry 114 <u>2:15-3:1</u>5 1:30-3:00 2:15-3:15 Grupo de Apoyo 108 2:00-3:15 Cooking K \*\*New Times\*\* **Anger Management 108 Wellness Club 114** 2:30-3:30 1:00-2:15 3:00-4:30 (H) 897 1661 6727 2:15-3:15 Art & Mindfulness NAMI Bingo 107 **Good Vibes Circle 108** Coping Skills 108 Gláss Arts/Mosaics 113 860 5335 2367 Connection 108 (H) 2:30-4:00 Chess Club 114 Passcode: Wellness12 Social Anxiety 111 825 2384 8811 3:30-4:30 Chess Club 114 Glass Arts/Mosaics 113 2:15-4:25 Art Workshop 113 3:30-4:30 Bingo 113 Crochet 113 \*\*New Time\*\* 2:00-4:30 **DBSA 108** Chess Club 114 3:00-4:30 West African In House Cinêma LR Open Art Class 113 3:15-4:15 Game Time 114 Bingo 114 Rock & Roll-Choir 107 3:30-4:30 NA Open Meeting 111 Karaoke 108 **Drumming 111** (H) 857 3185 8460 3:00-4:00 Mountain Respite 3:30-4:30 (H) 836 0460 9371 5:00-8:00 Journaling 107 Poetry 114 Camp Instigators Meeting 111 Social Skills 108 Social Hour LR, 113, 108 (H) 860 6045 5887

401 S. Tustin Street # C Orange, CA 92866

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

|          | Dec                                                                           | ember 2023                                                                     |                                                                                                                         | e: (714)361-4860                                                            | Friday 9:00am                                                                    |                                                                              |
|----------|-------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|----------------------------------------------------------------------------------|------------------------------------------------------------------------------|
|          | Calendar is subject to cho                                                    | nge. Translators available up<br><b>Tuesday</b>                                | on request. www.we Wednesday                                                                                            | llnesscenteroc.com  Thursday                                                | Friday                                                                           | Saturday                                                                     |
|          | 18 <u>9:15-9:45</u><br>Ice Breaker LR                                         | 19 <u>9:15-9:45</u><br>Ice Breaker LR                                          | 20 <u>9:15-9:45</u><br>Ice Breaker LR                                                                                   | 21 9:15-9:45<br>Ica Broaker I R                                             | 22 <u>9:15-9:45</u><br>Ice Breaker LR                                            | 23 <u>9:15-9:45</u><br>Ice Breaker LR                                        |
|          | 10:00-10:30<br>Walk & Talk OS                                                 | 9:45-10:45<br>Eat Well,<br>Live Well 114                                       | 9:45-10:45<br>Wellness Wednesday 114<br>Gardening OS<br>9:45-11:00                                                      | 9.45-10:45<br>Tai Chi 107/OS<br>9:45-11:15                                  | 10:00-11:00<br>Looking Good-Feeling<br>Good 108                                  | 9:45-10:45<br>Coping Skills 108<br>10:00-12:00                               |
|          | 10:00-11:00<br>Mindful Meditation 111<br>Dual Recovery                        | (H) 814 7469 2733<br>10:00-11:00<br>Al-Anon Meeting 107                        | NAMI Connection 108 (H)<br>824 5047 2205<br>9:45-11:15<br>Art Workshop 113                                              | OFF Campus Sport<br>Activities-Grijalva Park<br>10:00-11:00                 | 10:00-11:30<br>Cooking K                                                         | Jewelry Design 113<br>10:15-11:15<br>Schizophrenia<br>Alliance 114           |
|          | Anonymous 108 (H)<br>847 7808 6908<br>Life Hacks 113<br>10:00-11:30           | 10:00-11:30<br>OFF Campus Sport<br>Activities-Grijalva Park                    | 10:00-10:30<br>Walk & Talk OS<br>10:00-11:00 Rm 114<br>**Benefits Workshop**                                            | Healthy Living 114<br>(H) 812 0742 2407<br>DBSA 108<br>(H) 852 7154 9027    | 10:00-11:30<br>Arts & Crafts 113<br>10:00-1:00                                   | 10:30-4:00                                                                   |
|          | Join Us For Coffee F<br>11:00-12:00<br>Break through the                      | 10:00-12:00<br>Watercolors 113<br>10:00-1:00                                   | 10:00-11:00 Rm 114  **Benefits Workshop** With Dung Le-OC HCA Medi-Cal While Working & Other Med-Cal Issues 10:00-11:00 | 10:00-3:00<br>Social Outing F<br>South Coast Plaza                          | OFF Campus Sport Activities-Grijalva Park  11:00-11:30                           | Social Outing F<br>USC<br>Arts Museum                                        |
|          | Barriers of Trauma 108<br>(H) 816 7681 1961<br>Music Appreciation 114         | Volunteerism F<br>Gold Coast Farms<br>11:00-12:00                              | AA Open Meeting 111 (H)<br>836 0460 9371<br>11:00-12:00<br>Community Meeting LR                                         | 11:00-12:00<br>Open Discussion 108                                          | Ambassador Meeting/<br>PPSP 114<br>11:00-12:00                                   | 11:00-12:00                                                                  |
| -        | Yoga 107<br><u>12:00-1:00</u><br>Social Time LR (H)<br>823 6633 6837          | Schizophrenia Alliance 114<br>DBSA 111<br>Karaoke 108<br>12:00-1:00            | (H) 844 3176 0396<br>11:00-2:00<br>Volunteerism F<br>Food Distribution                                                  | Brain Health 114 **New Time** Positive Thinking 107 (H) 841 4238 8927       | Stay Fit Friday 107/OS<br>AA Open Meeting 114<br>LGBTQ+(Closed)108<br>12:00-1:00 | Enlightenment 108<br>(H) 867 7506 1248<br>12:00-1:00<br>Topic of the Day 108 |
| ]<br>]   | 1:00-2:00<br>Healthy<br>Relationships 108 (H)                                 | Social Time LR<br>New Lung 114<br>(H) 582 9041 3250<br>Contact Staff to enroll | 12:00-1:00<br>Social Time LR (H)<br>823 6633 6837<br>1:00-2:00                                                          |                                                                             | Social Time LR (H)<br>823 6633 6837<br>1:00-2:00                                 | (H) 810 6071 6338<br>12:00-3:30                                              |
| <u>(</u> | 856 3239 8128<br>Conflict Resolution 111<br>1:00-2:30<br>Healing With Art 113 | 1:00-2:00<br>Self Empowerment 111<br>(H) 895 9260 2224                         | ASL Sign Language 108 Young Adult Group Preparing for the Future 107                                                    | 12:00-2:00<br>Holiday Lunch                                                 | Mindfulness 111 **New Time** Balance & Boundaries 108                            | Matinee Movies<br>at AMC 30 at the<br>Outlets at Orange<br><u>Van leaves</u> |
| -        | 1:30-3:00<br>Cooking K                                                        | Time Travel with Terry<br>108 (H) 818 6899 2601<br>1:30-2:30                   | 1:00-2:30<br>Jewelry Design 113                                                                                         | TACOS                                                                       | **New Times** 2:00-3:00 Women's Group 111 (H) 875 7924 1408                      | WCC at 12:00+ -<br>Box Office 12:15+ -<br>Return Pick                        |
| 3        | 2:15-3:15<br>Coping Skills 108<br>Social Anxiety 111                          | Beginning Computer 109 2:00-4:00 Bowling at Concourse F                        | 1:00-2:30<br>WRAP 114 (H)<br>832 7126 3020<br>2:15-3:15                                                                 |                                                                             | Men's Group 114 (H)<br>865 8458 5314<br>**New Times**                            | Up at 3:30!<br>1:00-2:00                                                     |
| ]        | <u>3:30-4:30</u><br>DBSA 108<br>Game Time 114                                 | 2:15-3:15<br>Anger Management 108<br>(H) 897 1661 6727                         | Grupo de Apoyo 108<br>2:30-3:30<br>Bingo 107<br>2:30-4:00                                                               | A AND COMPANY                                                               | 3:00-4:30<br>Good Vibes Circle 108<br>Chess Club 114<br>Tea Time K               | Poetry 114<br>1:00-2:15<br>NAMI                                              |
|          |                                                                               | Glass Arts/Mosaics 113<br>3:30-4:30<br>Bingo 113                               | 2:30-4:00<br>Chess Club 114<br>Crochet 113<br>3:00-4:30<br>West African                                                 | 2:00-4:30<br>Open Art Class 113<br>3:30-4:30                                | Glass Arts/Mosaics 113<br>5:00-8:00<br>Social Hour LR, 113, 108                  | Connection 108 (H)<br>825 2384 8811<br>2:15-4:25<br>Art Workshop 113         |
|          | Copyright Pathways of Californ                                                | Chess Club 114                                                                 | Drumming 111 3:30-4:30 Journaling 107 Social Skills 108                                                                 | NA Open Meeting 111<br>(H) 836 0460 9371<br>Poetry 114<br>(H) 860 6045 5887 |                                                                                  | In House Cinema LR<br>Bingo 114<br>Karaoke 108                               |

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

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

December 2023
Calendar is subject to chapge. Translators available upon request. www.wellnesscenteroc.com Wednesday Monday Tuesday Thursday Friday Saturday **27** <u>9:15-9:45</u> **30** 9:15-9:45 28 9:15-9:45 26 9:15-9:45 29 9:15-9:45 25 Ice Breaker LR 9:45-10:45 Wellness Wednesday 114 9:45-10:45 Coping Skills 108 9.45-10:45 Tai Chi 107/0S 10:00-11:00 Looking Good-Feeling Good 108 9:45-10:45 Eat Well. Gardening OS 10:00-12:00 Live Well 114 9:45-11:00 NAMI Connection 108 (H) 824 5047 2205 <u>9:45-11:15</u> OFF Campus Sport lewelry Design 113 (H) 814 7469 2733 10:00-11:30 10:15-11:15 Schizophrenia Activities-Grijalva Park **Cooking K** 10:00-11:00 Al-Anon Meeting 107 10:00-11:00 9:45-11:15 Art Workshop 113 10:00-11:30 Alliance 114 **Healthy Living 114** Arts & Crafts 113 10:00-11:30 (H) 812 0742 2407 10:00-10:30 Walk & Talk OS OFF Campus Sport 10:00-1:00 **DBSA 108** Activities-Grijalva Park **10:30-4:00 OFF Campus Sport** (H) 852 7154 9027 Wellness **Social Outing F** 10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371 Activities-Grijalva Park 10:00-12:00 10:00-3:00 Watercolors 113 California African 11:00-11:30 Social Outing F Center Ambassador Meeting/ American Museum Tucker Wildlife 10:00-1:00 **11:00-12:00 PPSP 114** Community Meeting LR (H) 844 3176 0396 Volunteerism F Sanctuary Central**Gold Coast Farms** 11:00-12:00 <u>11:00-12:00</u> Open Discussion 108 Stay Fit Friday 107/0S 12:00-1:00 Social Time LR (H) 823 6633 6837 11:00-12:00 Enlightenment 108 (H) 867 7506 1248 **11:00-12:00** will be AA Open Meeting 114 **Brain Health 114** Schizophrenia Alliance 114 \*\*New Time\*\* **DBSA** 111 12:00-1:00 closed for **Positive Thinking 107** Karaoke 108 12:00-3:00 12:00-1:00 Social Time LR (H) Topic of the Day 108 (H) 810 6071 6338 Volunteerism F (H) 841 4238 8927 823 6633 6837 12:00-1:00 Beach Clean Up the 12:00-1:00 Social Time LR 1:00-2:00 1:00-2:00 ASL Sign Language 108 Young Adult Group Preparing for the Future 107 Social Time LR Mindfulness 111 1:00-2:00 **12:00-3:30** holiday. 12:30-3:00 \*\*New Time\*\* Self Empowerment 111 **Matinee Movies** (H) 895 9260 2224 Volunteerism F **Balance & Boundaries** at AMC 30 at the We wish Beach Clean Up 108 **Time Travel with Terry Outlets at Orange** 1:00-2:30 Jewelry Design 113 108 (H) 818 6899 2601 1:00-2:00 \*\*New Times\*\* Van leaves Juicing K you a 2:00-3:00 WCC at 12:00+ -1:00-2:30 WRAP 114 (H) 832 7126 3020 College & Career Women's Group 111 (H) **Beginning Computer 109 Box Office 12:15+** -Pathways 114 happy, 875 7924 1408 **Return Pick Enlightenment 111** 2:00-4:00 Men's Group 114 (H) Up at 3:30! 2:15-3:15 **Bowling at Concourse F** 1:00-2:30 865 8458 5314 healthy Grupo de Apovo 108 Music Academy 108 **2:15-3:15** \*\*New Times\*\* 2:30-3:30 (H) 885 0804 0727 1:00-2:00 Poetry 114 Anger Management 108 long Bingo 107 3:00-4:30 (H) 897 1661 6727 **Good Vibes Circle 108** 2:00-4:30 2:30-4:00 Chess Club 114 Crochet 113 **Glass Arts/Mosaics 113** 1:00-2:15 Open Art Class 113 weekend Chess Club 114 NAMI Glass Arts/Mosaics 113 3:30-4:30 3:30-4:30 Connection 108 (H) 825 2384 8811 Bingo 113 NA Open Meeting 111 \*\*New Time\*\* (H) 836 0460 9371 Chess Club 114 2:15-4:25 Art Workshop 113 3:30-4:30 3:15-4:15 Poetry 114 (H) 860 6045 5887 Journaling 107 Social Skills 108 Rock & Roll-Choir 107 In House Cinema LR Bingo 114 (H) 857 3185 8460 Karaoke 108 5:00-8:00 Social Hour-Super Bingo! LR, 113, 108 Copyright Pathways of California, 2023, All Rights Reserved

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

December 2023

Calendar is subject to chapge. Translators available upon request.

Employment & Education support by <u>appointment</u> Please Contact Mario at (949) 406-9687 9*á*m-5*p*m Monday-Friday

\*~\*~\*~\*~\*

For Help with your Wellness Recovery Action Plan (WRAP)

Please call Diana for Assistance at (714) 361-4860

9am-5pm

\*~\*~\*~\*~\*





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 upon request in: Spanish, Vietnamese. Farsi, Chinese and Korean

Нарру

Holidays!!!

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

MAB

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

Closed Groups



WEDNESDAY 12:00P.M. - 2:00P.M. **DECEMBER 20, 2023**  Gather with us for a warm Holiday Luncheon with fellow peers to celebrate a season of giving.

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



FUNDED BY OC HEALTH CARE AGENCY









**WELLNESS CLUB** 

Art & Mindfulness

2:00PM - 3:15PM VIRTUAL EVENT

Zoom ID: 860 5335 2367 Passcode: Wellness12

Open to all individuals receiving mental health services from within the OC Health Care Agency's behavioral health care system of



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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.