

Wellness Center Central

February 2025

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

**WELLNESS CENTER MEMBERS
JOIN US FOR OUR**

**BLACK
HISTORY
MONTH
CELEBRATION**

**WEDNESDAY, FEBRUARY 26, 2025
11:00AM-1:30PM**

LUNCH WILL BE PROVIDED FROM 12:30PM-1:30PM

**WELLNESS CENTER CENTRAL
401 S. TUSTIN ST. BLDG. C
ORANGE, CA 92866
714-361-4860
WWW.WELLNESSCENTEROC.COM**



JOB CLUB



Growth Mindset

TOPICS COVERED:

- Embracing Challenges: View challenges as opportunities to learn and grow rather than obstacles to avoid.
- Learning from Feedback: See constructive criticism as valuable input for improvement, not as a reflection of failure.
- Effort Leads to Mastery: Believe that persistence and hard work are key to developing skills and achieving success.



HYBRID EVENT

**THURSDAY
FEBRUARY 13, 2025**

**2:00 P.M.
TO 3:15 P.M.**



ZOOM ID: 823 2934 6815



PASSCODE: 623246



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

RSVP

PLEASE RSVP WITH YOUR EMPLOYMENT SPECIALIST
Any questions, contact our offices at the numbers below. ▼



North Employment WORKS
2250 S. Yale St. #A
Santa Ana, CA 92704
714.638.1741

South Employment WORKS
23871 Via Fabricante, #401
Mission Viejo, CA 92691
949.900.0550

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Our Newest Groups!



Trauma Recovery

Come find support while navigating your own recovery!

FRIDAYS

2:00 pm—3:00 pm

That's My Line!

Calling all aspiring actors to improv!

THURSDAYS

11:00 am– 12:00 pm



Spending Wisely

Learn ways to manage your money.

TUESDAYS

2:00 pm-3:00 pm

Story Circle

Learn to tell stories using your lived experience!

MONDAYS

1:00 pm-2:00 pm



OMID Institue presents

UNDERSTANDING DEPRESSION

WITH HALLEH NIA

TOPICS

- Understanding why one develops depression.
- Availalble Treatments
- And much more.

Thursday, February 6th

- 11:00 AM



PLAN NOW
TO JOIN US!

For More Information:

📞 714.361-4860

📍 401 S. Tustin St, #C
Orange, CA 92866



For hybrid (H) groups call (213) 338-8477, enter meeting number when prompted. Via computer at **Zoom.US** enter meeting # under the **Join A Meeting** link. Download the Zoom app from the App Store on your smartphone. See our Blog at wellnesscenteroc.com or call 714-361-4860.

Saturday

1 9:15-9:45
Ice Breaker LR

9:45-10:45
Coping Skills 108

10:00-12:00
Jewelry Design 113

10:00-11:00
Schizophrenia
Alliance 114

10:30-4:00
Social Outing F
Black History
Parade &
Unity Festival

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

11:30-3:30
Matinee Movies
at AMC 30 at the
Outlets at Orange
Van leaves
WCC at 11:30+-
Box Office
12:00 to 12:30
Return Pick Up 3:30+-

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

1:00-2:00
Poetry 114
NAMI Connection 108
(H) 825 2384 8811

2:15-4:25
Art Workshop 113
In House Cinema LR
Bingo 114
Karaoke 108
Fun with Games 107

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(H)=Hybrid Zoom/Onsite Group is online/onsite			2:00-3:15 Job Club 114 Growth Mindset 823 2934 6815 Passcode: 623246		

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Please view our BLOG at www.wellnesscenteroc.com for fun, informative ideas and resources. If you have suggestions, comments, or blogs to contribute, please email Sohail.Eftekhazadeh@clarvida.com					

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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 Presenting Self-Learn in a safe place how to grow personally through introspection, create a growth mindset, etc. to develop one's best presenting self

Best 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.

Emotional Wellness-Discussion group where members will talk about types of emotions, managing emotions, accepting/respecting peers, promote emotional wellness and recovery

Grupo de Apoyo-Para miembros de habla hispana (support group in Spanish)

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 (allies welcome-please see staff)-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.

Mosaics- In these classes members learn and practice the art of mosaic..

NAMI Connection-recovery support group for adults living with mental illness. Learn from sharing experiences & 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.

Relaciones Saludables-(Healthy Relationships in Spanish) Los miembros exploran diferentes tipos de relaciones y como entablar relaciones saludables.

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- 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!

Story Circle-Give and get support with hope & re-framing of negative events to positive perspective for the future.

Trauma Recovery-Join an open discussion about recovery from trauma, learn new tools to cope and find hope in others' story of recovery in a safe space to find your voice.

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 Sports: *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.*

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 on campus, at a local park, and/or Huntington Beach (Summer months).

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.

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.

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

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

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.

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!

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.

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!

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.

Join Us For Coffee-Come with us to spend a little time chatting over a cup of coffee.

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

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.

Spending Wisely-As a group we will collaborate on ideas that could help members on budgeting their finances.

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.

That's My Line-Acting-Life is one big stage and you deserve to be on it! Come learn & practice activities in acting and improvisation—improve your social interactions!

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 recovery.