

# Wellness Center Central

## Newsletter

### DECEMBER 2024



#### CALENDAR NOTES

##### HAPPY HOLIDAYS

It's the most wonderful time of year and one of the busiest. WCC will be closed for the holidays on Wednesdays, December 25<sup>th</sup> and 31<sup>st</sup>. We hope you enjoy this special time with your loved ones.

#### UPCOMING EVENT

##### EDUCATION FAIR

Join us for our Education Fair on Thursday, January 23<sup>th</sup> from 10 AM – 12 PM. Our Education Specialist will support you in your interest with college application.

#### COMMUNITY EVENT

##### NAMI WALKS

Nami Walks was a cooperative event between the WCC and NAMI on 11/16/24 to reduce mental health stigma. The event took place at Angel Stadium. We had hundreds of people attending and joining in the event.



## WCC ANNUAL BLACK HISTORY MONTH 2025

We are going to celebrate our Black History Month in February. Black History Month is an annual celebration of achievements by African-Americans and their central role in U.S. History. Since 1976, every American President has designated February as Black History Month. It is a time to honor the contributions and legacy of African Americans across U.S history and society from activists and civil rights pioneers to leaders in industry, politics, science, culture, and more. We are inviting our members to share their culture and knowledge about African-American History.

## WCC ANNUAL EDUCATION FAIR 2025

Education fair to be held inside our Wellness Center Central on 1/23/25 from 10 – 12 pm is to provide our members with an event apprising them on educational institutions, learning programs, and vocational training opportunities. This education fair can support our members in a number of ways. Learn about schools, careers and learning in general and discover new education/vocational programs, and learn about their admission requirements, curriculum, and campus facilities. Member can meet with representatives, and engage with their staff and other professionals to ask questions and get personalized guidance. Stay up to date, and learn about the latest trends and developments in education and vocation. Obtain free materials, and receive free resources like catalogs and brochures. Our Education Fair is held one a year, and we invite those with educational resources, and programs to be part of this experience. We welcome your participation and support in your interest to also be a part of this experience. In the next several weeks we will be circulating an announcement flyer. The last education event these community partners attended our education event.

**WELLNESS CENTER CENTRAL  
EDUCATION FAIR  
2025**

**THURSDAY  
JANUARY 23, 2025  
10:00 A.M. - 12:00 P.M.**

Featuring local colleges, adult education, certificate programs, and libraries.

**401 South Tustin Bldg. C  
Orange, CA 92866**

**714-361-4860**





## WCC ANNUAL THANKSGIVING CELEBRATION 2024

The Wellness Center Central had our annual Thanksgiving celebration on November 21<sup>st</sup>. We had over 100 members enjoy our delicious traditional Thanksgiving meal and live music. We served turkey, a variety of sides, and many deserts such as pumpkin pie and chocolate cake. On the behalf on all WCC staff, we wish everyone a joyful holiday and Happy New Year!

## WHAT RECOVERY LOOK LIKE FOR ME

A SUCCESS STORY FROM JENNY D.

When depression had a very strong hold on me, my doctor recommended I visit the Wellness Center. At first, I had trouble socializing and participating in groups. But I really wanted freedom from the depression, and I needed to change. Wellness Center Central provided the place for me to do that. I went to groups and listened to other people share about their experiences, and I grew comfortable enough to share things I have gone through as well. I learned to like expressing myself through art and jewelry making. I continue to enjoy learning how to play chess better by learning from other members. I met my best friends here. I also appreciated being welcomed to the Member Advisory Board and I am glad to volunteer as the Secretary. I found what "wellness" means for me at Wellness Center Central, and I am grateful to be here.

## COMEDY CORNER

A boy asks his father, "Dad, are bugs good to eat?" "That's disgusting. Don't talk about things like that over dinner," the dad replies. After dinner the father asks, "Now, son, what did you want to ask me?" "Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

