

Wellness Center Central

Remote Tele-Groups **November** 2020

**Calendar is subject to change*

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

Temporary Hours of Operation
Monday-Friday
8:30am– 5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	
2 <u>9:45-10:45</u> Dual Recovery Anonymous Mtg # 924 339 886 <u>11:15-12:15</u> Social Time Mtg # 929 106 584 <u>11:15-12:15</u> Yoga Mtg # 145 956 6880 <u>2:15-3:15</u> Healthy Relationships Mtg # 924 652 716 <u>2:15-3:15</u> Coping With Anxiety Mtg # 926 492 321 <u>3:30-4:30</u> Grief Support Mtg # 145 401 3521 <u>3:30-4:30</u> Better Days Mtg # 928 705 276	3 <u>9:45-11:15</u> Depression Bipolar Support Alliance Mtg # 928 306 060 <u>11:15-12:15</u> Schizophrenia Alliance Mtg # 145 306 1246 <u>12:45-1:45</u> Let's Get Moving: Exercise Mtg # 920 587 303 <u>12:45-1:45</u> American History Mtg # 145 806 5050 <u>2:15-3:15</u> Alcoholics Anonymous Open Meeting Mtg # 925 547 538 <u>2:15-3:15</u> Nutrition 101 Mtg # 921 496 529 <u>3:30-4:45</u> Choir Mtg # 923 420 552	4 <u>9:45-11:15</u> NAMI Connection Mtg # 924 913 007 <u>9:45-10:45</u> Let's Go....Virtual Tours Mtg # 922 220 677 <u>11:15-12:15</u> Community Meeting Mtg # 923 885 677 <u>12:45-1:45</u> WRAP Mtg # 926 223 740 <u>2:15-3:15</u> Goal Setting Mtg # 928 722 236 <u>3:45-4:45</u> Brain Health Mtg # 145 597 6558 <u>3:45-4:45</u> Poetry Mtg # 924 787 038 614099	5 <u>9:45-10:45</u> Healthy Living Mtg # 922 972 100 <u>9:45-10:45</u> LGBTQ+ Support (Closed Group) Mtg # 926 513 049 <u>11:15-12:15</u> Fundamentals of Painting Mtg # 145 125 7209 <u>11:15-12:15</u> Music Academy Mtg # 145 214 8937 <u>*New Day*</u> <u>12:45-1:45</u> Journaling Mtg # 145 381 0073 <u>2:15-3:15</u> Al-Anon Mtg # 925 711 574 <u>3:15-4:45</u> Depression Bipolar Support Alliance Mtg # 921 290 994	6 <u>9:45-10:45</u> Women's Group Mtg # 928 064 541 <u>9:45-10:45</u> Men's Group Mtg # 929 721 558 <u>11:15-12:15</u> Social Time Mtg # 929 106 584 <u>12:45-1:45</u> Positive Thinking Mtg # 923 915 446 <u>12:45-1:45</u> Enlightenment Mtg # 925 951 776 <u>2:15-3:15</u> Self Empowerment Mtg # 924 672 616 <u>3:30-4:30</u> Social Hour Mtg # 926 625 728 <u>5:00-7:00</u> Movie Night Call for Mtg #	 Join Us <i>Please join us at the</i> WCC <i>Community Meeting</i> <i>Every Wednesday</i> 11:15am To 12:15pm
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Wellness Center Central

ONSITE Groups November 2 to 6, 2020

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401 S. Tustin Street # C
Orange, CA 92866
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Temporary Hours of Operation
Monday-Friday
8:30am– 5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	
2 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Enlightenment <u>10:35-10:50</u> Break <u>10:55-11:40</u> Art Workshop <u>11:40-12:00</u> Social Time	3 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Dual Recovery Anonymous <u>10:35-10:50</u> Break <u>10:55-11:40</u> Nature Walk <u>11:40-12:00</u> Social Time	4 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Coping Skills <u>10:35-10:50</u> Break <u>10:55-11:40</u> Scrapbooking <u>11:40-12:00</u> Social Time	5 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Self-Empowerment <u>10:35-10:50</u> Break <u>10:55-11:40</u> Jewelry Design <u>11:40-12:00</u> Social Time	6 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Exercise <u>10:35-10:50</u> Break <u>10:55-11:40</u> Depression Bipolar Sup- port Alliance <u>11:40-12:00</u> Social Time	<u>PLEASE</u> <u>NOTE:</u> <i>Maximum Number of members for each session is 15, so make an appoint- ment today!</i> ***** <i>To make an appointment to attend on site groups, or if you have questions please call our main number 714-361-4860</i> *****
<u>12:00-1:30</u> WCC Closed for Cleaning	<u>12:00-1:30</u> WCC Closed for Cleaning	<u>12:00-1:30</u> WCC Closed for Cleaning	<u>12:00-1:30</u> WCC Closed for Cleaning	<u>12:00-1:30</u> WCC Closed for Cleaning	
<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Depression Bipolar Support Alliance <u>3:05-3:20</u> Break <u>3:20-4:10</u> Bingo <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> 12 Step Meeting <u>3:05-3:20</u> Break <u>3:20-4:10</u> Karaoke <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Positive Thinking <u>3:05-3:20</u> Break <u>3:20-4:10</u> Journaling <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Social Anxiety Support Group <u>3:05-3:20</u> Break <u>3:20-4:10</u> Documentary <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Karaoke <u>3:05-3:20</u> Break <u>3:20-4:10</u> Bingo <u>4:10-4:30</u> Social Time	

Wellness Center Central

Remote Tele-Groups **November** 2020

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401 S. Tustin Street # C
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Temporary Hours of Operation
Monday-Friday
8:30am– 5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	
9 <u>9:45-10:45</u> Dual Recovery Anonymous Mtg # 924 339 886 <u>11:15-12:15</u> Social Time Mtg # 929 106 584 <u>11:15-12:15</u> Yoga Mtg # 145 956 6880 <u>2:15-3:15</u> Healthy Relationships Mtg # 924 652 716 <u>2:15-3:15</u> Coping With Anxiety Mtg # 926 492 321 <u>3:30-4:30</u> Grief Support Mtg # 145 401 3521 <u>3:30-4:30</u> Better Days Mtg # 928 705 276	10 <u>9:45-11:15</u> Depression Bipolar Support Alliance Mtg # 928 306 060 <u>11:15-12:15</u> Schizophrenia Alliance Mtg # 145 306 1246 <u>12:45-1:45</u> Let's Get Moving: Exercise Mtg # 920 587 303 <u>12:45-1:45</u> Chess Club Mtg # 145 589 7650 <u>2:15-3:15</u> Alcoholics Anonymous Open Meeting Mtg # 925 547 538 <u>2:15-3:15</u> Nutrition 101 Mtg # 921 496 529 <u>3:30-4:45</u> Choir Mtg # 923 420 552	11 CLOSED For Veterans Day  Have a SAFE and FUN Holiday !!	12 <u>9:45-10:45</u> Healthy Living Mtg # 922 972 100 <u>9:45-10:45</u> LGBTQ+ Support (Closed Group) Mtg # 926 513 049 <u>11:15-12:15</u> Fundamentals of Drawing Mtg # 145 999 4165 <u>*New Day*</u> <u>12:45-1:45</u> Journaling Mtg # 145 381 0073 <u>2:15-3:15</u> Al-Anon Mtg # 925 711 574 <u>3:15-4:45</u> Depression Bipolar Support Alliance Mtg # 921 290 994	13 <u>9:45-10:45</u> Women's Group Mtg # 928 064 541 <u>9:45-10:45</u> Men's Group Mtg # 929 721 558 <u>11:15-12:15</u> Social Time Mtg # 929 106 584 <u>12:45-1:45</u> Positive Thinking Mtg # 923 915 446 <u>12:45-1:45</u> Enlightenment Mtg # 925 951 776 <u>2:15-3:15</u> Self Empowerment Mtg # 924 672 616 <u>3:30-4:30</u> Social Hour Mtg # 926 625 728 <u>5:00-7:00</u> Movie Night Call for Mtg #	To join online, please call 415-655-0003 & enter the meeting number when prompted. To access groups via computer, please log on to WebEx.com & enter the meeting number under the join tab. Or download the WebEx app from the App Store on your smartphone. See our Blog at www.wellnesscenteroc.com or call our main number 714-361-4860 if you need help.

Wellness Center Central

ONSITE Groups November 9 to 13, 2020

*Calendar is subject to change

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

Temporary Hours of Operation
Monday-Friday
8:30am– 5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	
9 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Enlightenment <u>10:35-10:50</u> Break <u>10:55-11:40</u> Art Workshop <u>11:40-12:00</u> Social Time	10 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Dual Recovery Anonymous <u>10:35-10:50</u> Break <u>10:55-11:40</u> Nature Walk <u>11:40-12:00</u> Social Time	11 CLOSED For Veterans Day  Have a SAFE and FUN Holiday !!	12 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Self-Empowerment <u>10:35-10:50</u> Break <u>10:55-11:40</u> Jewelry Design <u>11:40-12:00</u> Social Time	13 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Exercise <u>10:35-10:50</u> Break <u>10:55-11:40</u> Depression Bipolar Support Alliance <u>11:40-12:00</u> Social Time	PLEASE NOTE: <i>Maximum Number of members for each session is 15, so make an appointment today!</i> ***** <i>To make an appointment to attend on site groups, or if you have questions please call our main number 714-361-4860</i> *****
12:00-1:30 WCC Closed for Cleaning	12:00-1:30 WCC Closed for Cleaning		12:00-1:30 WCC Closed for Cleaning	12:00-1:30 WCC Closed for Cleaning	
<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Depression Bipolar Support Alliance <u>3:05-3:20</u> Break <u>3:20-4:10</u> Bingo <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> 12 Step Meeting <u>3:05-3:20</u> Break <u>3:20-4:10</u> Karaoke <u>4:10-4:30</u> Social Time		<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Social Anxiety Support Group <u>3:05-3:20</u> Break <u>3:20-4:10</u> Documentary <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Karaoke <u>3:05-3:20</u> Break <u>3:20-4:10</u> Bingo <u>4:10-4:30</u> Social Time	

Wellness Center Central

Remote Tele-Groups **November** 16-20, 2020

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401 S. Tustin Street # C
Orange, CA 92866
Phone: (714)361-4860
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Temporary Hours of Operation
Monday-Friday
8:30am– 5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	
16 <u>9:45-10:45</u> Dual Recovery Anonymous Mtg # 924 339 886 <u>11:15-12:15</u> Social Time Mtg # 929 106 584 <u>11:15-12:15</u> Yoga Mtg # 145 956 6880 <u>2:15-3:15</u> Healthy Relationships Mtg # 924 652 716 <u>2:15-3:15</u> Coping With Anxiety Mtg # 926 492 321 <u>3:30-4:30</u> Grief Support Mtg # 145 401 3521 <u>3:30-4:30</u> Better Days Mtg # 928 705 276	17 <u>9:45-11:15</u> Depression Bipolar Support Alliance Mtg # 928 306 060 <u>11:15-12:15</u> Schizophrenia Alliance Mtg # 145 306 1246 <u>12:45-1:45</u> Let's Get Moving: Exercise Mtg # 920 587 303 <u>12:45-1:45</u> American History Mtg # 145 806 5050 <u>2:15-3:15</u> Alcoholics Anonymous Open Meeting Mtg # 925 547 538 <u>2:15-3:15</u> Nutrition 101 Mtg # 921 496 529 <u>3:30-4:45</u> Choir Mtg # 923 420 552	18 <u>9:45-11:15</u> NAMI Connection Mtg # 924 913 007 <u>9:45-10:45</u> Let's Go....Virtual Tours Mtg # 922 220 677 <u>11:15-12:15</u> Community Meeting Mtg # 923 885 677 <u>12:45—1:45</u> Mental Health During Pandemic Mtg # 145 974 7698 <u>12:45-145</u> WRAP Mtg # 926 223 740 <u>2:15-3:15</u> Goal Setting Mtg # 928 722 236 <u>2:15-3:15</u> PPSP/ Ambassador Meeting Mtg # 145 316 0030 <u>3:45-4:45</u> Brain Health Mtg # 145 597 6558 <u>3:45-4:45</u> Poetry Mtg # 924 787 038	19 <u>9:45-10:45</u> Healthy Living Mtg # 922 972 100 <u>9:45-10:45</u> LGBTQ+ Support (Closed Group) Mtg # 926 513 049 <u>11:15-12:15</u> Fundamentals of Painting Mtg # 145 125 7209 <u>11:15-12:15</u> Music Academy Mtg # 145 214 8937 <u>*New Day*</u> <u>12:45-1:45</u> Journaling Mtg # 145 381 0073 <u>2:00-3:00</u> Chat With Director Mtg # 145 543 3079 <u>2:15-3:15</u> Al-Anon Mtg # 925 711 574 <u>3:15-4:45</u> Depression Bipolar Support Alliance Mtg # 921 290 994	20 <u>9:45-10:45</u> Women's Group Mtg # 928 064 541 <u>9:45-10:45</u> Men's Group Mtg # 929 721 558 <u>11:15-12:15</u> Social Time Mtg # 929 106 584 <u>12:45-1:45</u> Positive Thinking Mtg # 923 915 446 <u>12:45-1:45</u> Enlightenment Mtg # 925 951 776 <u>2:00-3:00</u> Relapse Prevention Mtg # 145 450 7127 <u>2:15-3:15</u> Self Empowerment Mtg # 924 672 616 <u>3:30-4:30</u> Social Hour Mtg # 926 625 728 <u>5:00-7:00</u> Movie Night Call for Mtg #	<i>Member</i> <i>Advisory</i> <i>Board</i> <i>Meeting (MAB)</i> <i>Friday</i> <i>11/20/2020</i> <i>11:00 am</i> <i>To</i> <i>12:30 pm</i>

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Monday-Friday
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Monday	Tuesday	Wednesday	Thursday	Friday	
23 <u>9:45-10:45</u> Dual Recovery Anonymous Mtg # 924 339 886 <u>11:15-12:15</u> Social Time Mtg # 929 106 584 <u>11:15-12:15</u> Yoga Mtg # 145 956 6880 <u>2:15-3:15</u> Healthy Relationships Mtg # 924 652 716 <u>2:15-3:15</u> Coping With Anxiety Mtg # 926 492 321 <u>3:30-4:30</u> Grief Support Mtg # 145 401 3521 <u>3:30-4:30</u> Better Days Mtg # 928 705 276	24 <u>9:45-11:15</u> Depression Bipolar Support Alliance Mtg # 928 306 060 <u>9:45-10:45</u> Education Supports Mtg # 927 306 557 <u>11:15-12:15</u> Schizophrenia Alliance Mtg # 145 306 1246 <u>12:45-1:45</u> Let's Get Moving: Exercise Mtg # 920 587 303 <u>12:45-1:45</u> Chess Club Mtg # 145 589 7650 <u>2:15-3:15</u> Alcoholics Anonymous Open Meeting Mtg # 925 547 538 <u>2:15-3:15</u> Nutrition 101 Mtg # 921 496 529 <u>3:30-4:45</u> Choir Mtg # 923 420 552	25 <u>9:45-11:15</u> NAMI Connection Mtg # 924 913 007 <u>9:45-10:45</u> Let's Go....Virtual Tours Mtg # 922 220 677 <u>11:15-12:15</u> Community Meeting Mtg # 923 885 677 <u>12:45-1:45</u> Journaling Mtg # 145 381 0073 <u>12:45-1:45</u> WRAP Mtg # 926 223 740 <u>2:15-3:15</u> Goal Setting Mtg # 928 722 236 <u>2:15-3:15</u> PPSP/ Ambassador Meeting Mtg # 925 337 139 <u>3:45-4:45</u> Brain Health Mtg # 145 597 6558 <u>3:45-4:45</u> Poetry Mtg # 924 787 038	 Wellness Center Central will be closed for the Thanksgiving holiday 		26 27 To join online, please call 415-655-0003 & enter the meeting number when prompted. To access groups via computer, please log on to WebEx.com & enter the meeting number under the join tab. Or download the WebEx app from the App Store on your smartphone. See our Blog at www.wellnesscenteroc.com or call our main number 714-361-4860 if you need help.

To join online,
please call
415-655-0003
& enter the
meeting number
when prompted.
To access groups
via computer,
please log on to
WebEx.com
& enter the
meeting number
under the join
tab.
Or download the
WebEx app
from the App
Store on your
smartphone. See
our Blog at
www.wellnesscenteroc.com
or call our main
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if you need help.

If you need help.

Wellness Center Central

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30 <u>9:45-10:45</u> Dual Recovery Anonymous Mtg # 924 339 886 <u>11:15-12:15</u> Social Time Mtg # 929 106 584 <u>11:15-12:15</u> Yoga Mtg # 145 956 6880 <u>2:15-3:15</u> Healthy Relationships Mtg # 924 652 716 <u>2:15-3:15</u> Coping With Anxiety Mtg # 926 492 321 <u>3:30-4:30</u> Grief Support Mtg # 145 401 3521 <u>3:30-4:30</u> Better Days Mtg # 928 705 276	 <i>* Employment Support * By Appointment</i> ~~~~~ <i>To consult with our Employment Specialist Janice, please call (657) 222-5161</i>	 <i>*Education Support * By Appointment</i> ~~~~~ <i>If you are interested in Returning to school, call our main number for help, support & ideas.</i>	Join us for our WebEx online groups and encourage your fellow members to join us too! WebEx groups will continue when on-site services return. ANNOUNCEMENT Wellness Center Central has returned to partial on-site services! There is a maximum attendance of 15 members per session. An appointment is required to attend, so make sure to call us today! 714-361-4860 		