

Wellness Center Central

May 2026

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

What can we say about May?

May is like a long-awaited exhale, bursting onto the scene with vibrant energy and unapologetic sunshine.

May is

Mental Health Awareness Month, recognized since 1949 to raise awareness, reduce stigma, and support those with mental illnesses.

Key themes for 2026 include "More Good Days, Together" (Mental Health America) and "In Every Story, There's Strength" (NAMI), aiming to connect people, advocate for care, and promote mental wellness.

We are also looking forward to celebrating together with our **Member Appreciation Carnival**.

WHAT WILL YOUR MAY
BE LIKE?

Magnificent May

Motivation May

Make-a-wish May

Mindfulness May

Makeover May

OurMindfulLife.com

Work Order Day

Work Order Day allows you the opportunity to give back to your Wellness Center while at the same time learning valuable skills for life and the workplace.

Three areas to choose from:

Administration Team

Answering calls, assist with making copies, faxing, and other clerical tasks.

Maintenance Team

Routine cleaning and inspection of building interior and exterior, kitchen monitor, sweeping, cleaning, picking up trash and watering to maintain WCC's garden.

Peer Team

Community outreach, event planning, resource room concierge, program tours, welcoming specialist and translation assistance.

Please contact our office at
(714) 361-4860 for more information.



To access TEAMS:

<https://tinyurl.com/TeamsWCC>

Enter the Meeting ID and Passcode

Friday	Saturday
<p>1 9:15-9:45 Ice Breaker/Work Order Day Check-In LR</p> <p>10:00-10:50 Looking Good-Feeling Good 108</p> <p>12-Step Support Group 111</p> <p>10:00-11:20 Cooking K</p> <p>10:00-11:30 Campus Sports</p> <p>11:00-11:50 AA Open Meeting 111 Stay Fit Friday 107 LGBTQ+ Support 113</p> <p>12:00-12:50 Social Time/Work Order Day Check-In LR</p> <p>12:00-2:00 Volunteerism - Park Clean Up</p> <p>1:00-1:50 Mindfulness 111 Balance & Boundaries 108 Trauma Recovery 114</p> <p>1:30-3:20 Open Art 113</p> <p>2:00-2:50 Open Discussion 108 Men's Group 111</p> <p>3:00-3:50 Anime 111</p> <p>3:00-4:20 Good Vibes Circle 108 Chess Club 114</p> <p>3:15-4:05 Choir 107 (H) 257 023 757 23910 Passcode: Fv6FY6tP</p> <p>4:00-4:50 West African Drumming 111</p> <p>5:00-5:50 Work Stress Mgmt. 114</p> <p>5:00-7:50 Social Hour</p>	<p>2 9:15-9:45 Ice Breaker/Work Order Day Check-In LR</p> <p>9:45-10:35 Coping Skills 108</p> <p>10:00-10:50 Schizophrenia Alliance 114 Embracing Change at Work 107</p> <p>10:00-11:50 Jewelry Design 113</p> <p>9:30-10:00 Outing: Shop to Cook</p> <p>10:00-11:50 Cooking K</p> <p>11:00-11:50 Enlightenment 108</p>
	<p>11:00-4:00 Social Outing</p> <p>First Fountain Valley Pacific Islander Festival</p>
	<p>12:00-12:50 Positive Thinking 108</p> <p>12:00-1:00 Golf Card Game 107</p> <p>1:00-1:50 Poetry 114 NAMI Connection 108 (H) 246 365 629 7932 Passcode: 2Xr6iF7h</p> <p>2:15-4:15 Art Workshop 113</p> <p>Social Hour: In House Cinema LR Bingo 114 Karaoke 108 Fun with Games 107</p>



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padding: 5px; text-align: center;"> <p><u>11:00-4:00</u> Social Outing Irvine Farmer's Market</p> </div> <div style="border: 2px solid green; padding: 5px; text-align: center;"> <p><u>11:30-3:30</u> *Time subject to change* Matinee Movies at AMC 30 at the Outlets at Orange Van leaves WCC at 11:30+- Box Office <u>12:00 to 12:30</u> Return Pick Up 3:30+-</p> </div> <p><u>12:00-12:50</u> Positive Thinking 108</p> <p><u>12:00-1:00</u> Golf Card Game 107</p> <p><u>1:00-1:50</u> Poetry 114 NAMI Connection 108 (H) 246 365 629 7932 <i>Passcode: 2Xr6iF7h</i></p> <p><u>2:15-4:15</u> Art Workshop 113 Social Hour: In House Cinema LR Bingo 114 Karaoke 108 Fun With Games 107</p>



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Translators available upon request in: ASL, Spanish, Korean, Farsi, Vietnamese, Chinese

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Friday 9:00am-8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>25</p> <p>WCC will be closed today in honor of Memorial Day.</p> <p>While Memorial Day is rooted in remembrance, it is also a powerful celebration of the enduring spirit of service and the vibrant freedom we enjoy today because of it.</p> <p>This is a day to:</p> <ul style="list-style-type: none"> * Honor through living. * Celebrate bravery, courage, and selflessness. * Practice unity and connection. <p>It's about taking the torch and keeping it lit with gratitude, community, and hope for the future.</p> 	<p>26 9:15-9:45 Ice Breaker/Work Order Day Check-In LR</p> <p>9:45-10:35 Eat Well, Live Well 114</p> <p>10:00-10:50 Al-Anon Meeting 107 Work Goal Achievement 108</p> <p>10:00-11:45 Join Us For Coffee</p> <p>10:00-11:50 Watercolors 113</p> <p>10:00-1:00 Volunteerism Gold Coast Farms</p> <p>11:00-11:50 Schizophrenia Alliance 114 DBSA 111 Karaoke 108</p> <p>12:00-12:50 Social Time/Work Order Day Check-In LR</p> <p>1:00-1:50 Self Empowerment 108</p> <p>1:00-1:50 From Worrier to Worker 114 Breakthrough the Barriers of Trauma 107 (H) 280 211 598 93151 Passcode: 98LC2aU3</p> <p>Time Travel w/Terry 111</p> <p>2:00-2:50 Women's Light 107 Work Order Day Training 114</p> <p>2:00-3:20 Mosaics 113</p> <p>2:30-3:20 Anger Management 108 (H) 265 203 983 30905 Passcode: gP3T4UZ7</p> <p>3:30-4:20 Chess Club 114 Pathways to Recovery 108 Emotional Intelligence at Work 107</p>	<p>27 9:15-9:45 Ice Breaker/Work Order Day Check-In LR</p> <p>9:45-10:35 Wellness Wednesday 114 Gardening OS NAMI Connection 108 (H) 246 365 629 7932 Passcode: 2Xr6iF7h</p> <p>9:45-10:50 Art Workshop 113 Campus Sports</p> <p>10:00-10:50 AA Open Meeting 111 Job Search Basics 109</p> <p>11:00-11:50 Community Meeting LR (H) 221 537 169 4146 Passcode: dC9Bj64x</p> <p>12:00-12:50 Social Time/Work Order Day Check-In LR</p> <p>12:00-2:00 Volunteerism—Park Clean Up</p> <p>1:00-1:50 ASL Sign Language 108 (H) 244 597 939 605 047 Passcode: Hz7jj9XJ</p> <p>Preparing for the Future 107</p> <p>1:00-2:20 Jewelry Design 113 WRAP 114</p> <p>1:30-2:50 Uke N'Feel Better 111</p> <p>2:30-3:20 Bingo 107 Anger Management 108</p> <p>2:30-3:50 Chess Club 114 Crochet 113</p> <p>3:30-4:20 Social Skills 108 Mock Interview 111</p>	<p>28 9:15-9:45 Ice Breaker/Work Order Day Check-In LR</p> <p>9:45-10:35 Tai Chi 107/OS Creative Dance for Healing 111 Embracing Change at Work 113</p> <p>9:45-11:15 Campus Sports</p> <p>10:00-10:50 Healthy Living 114 DBSA 108 (H) 285 574 530 88177 Passcode: 7y2cj3YE</p> <p>10:00-1:00 Social Outing Secret Garden Hunting-ton Beach</p> <p>11:00-11:50 Positive Thinking 108 (H) 223 287 954 40936 Passcode: Su9i88Fm Employment/Education Support 114</p> <p>11:30 -1:45 AA—Friendship Club</p> <p>12:00-12:50 Social Time/Work Order Day Check-In LR</p> <p>1:00-1:50 Enlightenment 111 Women's Group 107 (H) 245 080 795 5669 Passcode: Mh62ng3K</p> <p>1:00-2:20 Music Academy 108</p> <p>2:00-2:50 Emotional Wellness 111</p> <p>2:00-3:20 Game Time 107</p> <p>2:00-4:20 Open Art Class 113</p> <p>3:30-4:20 NA Open Meeting 111 Effective Communication at Work 114</p>	<p>29 9:15-9:45 Ice Breaker/Work Order Day Check-In LR</p> <p>10:00-10:50 Looking Good-Feeling Good 108 12-Step Support Group 111</p> <p>10:00-11:20 Cooking K</p> <p>10:00-11:30 Campus Sports</p> <p>11:00-11:50 AA Open Meeting 111 Stay Fit Friday 107</p> <p>12:00-12:50 Social Time/Work Order Day Check-In LR</p> <p>12:00-2:00 Volunteerism—Park Clean Up</p> <p>1:00-1:50 Mindfulness 111 Trauma Recovery 114</p> <p>1:30-3:20 Open Art 113</p> <p>2:00-2:50 Open Discussion 108 Men's Group 111</p> <p>3:00-3:50 Anime 107</p> <p>3:00-4:20 Chess Club 114 Good Vibes Circle 108</p> <p>3:15-4:05 Choir 107 (H) 257 023 757 23910 Passcode: Fv6FY6tP</p> <p>4:00-4:50 West African Drumming 111</p> <p>5:00-5:50 Work Stress Mgmt. 114</p> <p>5:00-7:50 Social Hour—Super Bingo</p> 	<p>30 9:15-9:45 Ice Breaker/Work Order Day Check-In LR</p> <p>9:45-10:35 Coping Skills 108</p> <p>10:00-10:50 Schizophrenia Alliance 114 Embracing Change at Work 107</p> <p>10:00-11:50 Jewelry Design 113</p> <p>9:30-10:00 Outing: Shop to Cook</p> <p>10:00-11:50 Cooking K</p> <p>11:00-11:50 Enlightenment 108</p> <div style="border: 2px solid green; padding: 5px; text-align: center;"> <p>11:00-4:00 Social Outing Diamond Bar Community Wellness Day</p> </div> <p>12:00-12:50 Positive Thinking 108</p> <p>12:00-1:00 Golf Card Game 107</p> <p>1:00-1:50 Poetry 114 NAMI Connection 108 (H) 246 365 629 7932 Passcode: 2Xr6iF7h</p> <p>2:15-4:25 Art Workshop 113 Social Hour: In House Cinema LR Bingo 114 Karaoke 108 Fun with Games 107</p>

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.

Breakthrough the Barriers of Trauma-takes a holistic (mind, body, soul, spirit) approach to overcoming trauma. This trauma-informed care class offers 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 .
Embracing Change at Work-If there's one thing we can count on, change is going to come. Members will discuss methods of dealing with change and attempt to turn fears into peace.
Emotional Intelligence at Work-We always have our emotions with us. Learn how to effectively function at work while keeping your emotions in check and in tact.

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.

LGBTQ+ Closed Group—Support group giving open-minded, helpful, safe and kind environment and atmosphere for LGBTQ+ community to discuss their successes and concerns.

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

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

NAAMI 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.

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.

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.

Work Goal Achievement-Goals are important for our forward progress in life. However, we must learn to create goals that are achievable and sustainable.

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 goals related to physical health, nutrition, and overall well-being.*

Campus Sports Activities-join fellow members and staff for friendly games.

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.

Creative Dance For Healing- Movement can be healing. Learn to use music and motion to aid in your recovery.

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.

Stay Fit Friday- Slaying Fit involves many factors. Light exercise and movement and the benefits these provide are discussed.

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

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:

12-Step Support Group- A study of the original 12-Step method and how to put it into practice in living one day at a time.

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, assits with finding the freedom to live your life without the use of drugs.

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.

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.

Effective Communication at Work: **With so many things happening at once, learn how to communicate effectively among coworkers and administration.**

From Worrier to Worker—You will learn how to find your confidence in facing the workplace and the gifts and talents you already possess.

Job Search Basics—You will learn the necessary skills you need to search and secure a great job.

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

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

Mock Interview—You will learn the necessary skills to be successful in a job interview and you will get to practice those skills in real time. **We're here to help!**

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 recovery.

Work Order Day Training—Work Order Day is training to use a Workday system for daily tasks, or training on how to manage tasks and prioritize work within a broader work environment.

Work Stress Management—Learn to work through the stressful situations that come along with being in the workforce. Find support and empowerment.

WRAP at Work—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.