

Wellness Center Central

September 2024

Calendar is subject to change.
Translators available upon request.



Wellness Center Central

Job Fair

Thursday, September 12, 2024

10:00 A.M. to 12:00 P.M.

401 S. Tustin St. Building C.
Orange, CA 92866

714-361-4860

www.wellnesscenteroc.com

It's Time to Network!

Come dressed for success and be ready to chat with representatives from agencies across Orange County



For questions or to get involved please contact:
Mario Ibarra, WCC Employment & Education Specialist, Mario.Ibarra@clarvida.com
(949) 406-9687

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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

Hispanic Heritage Celebration

Wednesday, September 18, 2024
12:00 P.M. - 3:00 P.M.



FOOD, GAMES, ENTERTAINMENT AND MORE!!!

Please RSVP by September 13, 2024.

For more information please call: 949-528-6822
23072 LAKE CENTER DR. STE 115, LAKE FOREST, CA 92630



WELLNESS CENTER WEST

MID-AUTUMN FESTIVAL

Wednesday, September 11th
1:00 P.M. - 3:00 P.M.

Celebrate the Moon Festival with Moon Cakes, Paper Lanterns, Karaoke, Riddles and Food!

11277 GARDEN GROVE BLVD, SUITE 101A,
GARDEN GROVE, CA 92843
(657) 667-6455



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Employment & Education support by appointment
Please Contact Mario at (949) 406-9687
9am-5pm Mon-Fri

Notice
Campus Sport Activities
This group is off campus at El Camino Real Park
400 N. Main St. Orange
Near Chapman
Weather Permitting
Meet us there or ride with us.

For Help with your Wellness Recovery Action Plan (WRAP)
Please call Diana for Assistance at (714) 361-4860


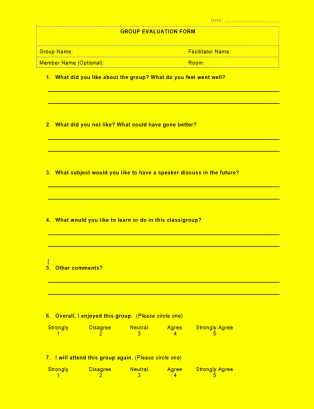

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 *****</p> <p>CLOSED</p>  <p>*****</p> <p><i>Let your voice be heard! Give your feedback!</i></p>  <p><i>Semi-Annual Group Evaluations September 3rd to September 14th</i></p>	<p>3 9:15-9:45 Ice Breaker LR</p> <p>9:45-10:45 Eat Well, Live Well 114 (H) 814 7469 2733</p> <p>10:00-11:00 Al-Anon Meeting 107</p> <p>10:00-11:30 **New Day** Join Us For Coffee F</p> <p>10:00-12:00 Watercolors 113</p> <p>10:00-1:00 Volunteerism F Gold Coast Farms</p> <p>10:30-12:00 Music Academy 108 (H) 885 0804 0727</p> <p>11:00-12:00 Schizophrenia Alliance 114 DBSA 111 Karaoke 107</p> <p>12:00-1:00 Social Time LR</p> <p>1:00-2:00 Self Empowerment 111 (H) 895 9260 2224</p> <p>Time Travel with Terry 108 (H) 818 6899 2601</p> <p>1:30-2:30 Beginning Computer 109</p> <p>2:00-3:30 Mosaics 113</p> <p>2:00-4:00 Bowling at Concourse F</p> <p>2:15-3:15 Anger Management 108 (H) 897 1661 6727</p> <p>3:30-4:30 Chess Club 114 Relaciones Saludables 108</p>	<p>4 9:15-9:45 Ice Breaker LR</p> <p>9:45-10:45 Wellness Wednesday 114 Gardening OS</p> <p>9:45-10:45 NAMI Connection 108 (H) 824 5047 2205</p> <p>9:45-11:00 Art Workshop 113</p> <p>10:00-10:30 Walk & Talk OS</p> <p>10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371 Grupo de Apoyo 107</p> <p>11:00-11:50 Community Meeting LR (H) 844 3176 0396</p> <p>11:00-2:00 Volunteerism F Food Distribution</p> <p>12:00-1:00 Social Time LR (H) 823 6633 6837</p> <p>1:00-2:00 ASL Sign Language 108 Young Adult Group Preparing for the Future 107</p> <p>1:00-2:30 Jewelry Design 113 Uke'N'Feel Better 111 WRAP 114 (H) 832 7126 3020</p> <p>2:30-3:30 Bingo 107</p> <p>2:30-4:00 Chess Club 114 Crochet 113</p> <p>3:00-4:30 West African Drumming 111</p> <p>3:30-4:30 Journaling y Escritura 107 Social Skills 108</p>	<p>5 9:15-9:45 Ice Breaker LR</p> <p>9:45-10:45 Tai Chi 107/OS</p> <p>9:45-11:15 OFF Campus Sport Activities-El Camino Real Park, Orange</p> <p>10:00-11:00 Healthy Living 114 (H) 812 0742 2407 DBSA 108 (H) 852 7154 9027</p> <p>10:00-3:00 Social Outing F China Town</p> <p>11:00-12:00 Open Discussion 107 Brain Health 114 Positive Thinking 108 (H) 841 4238 8927 Anger Management Guest presenter 111</p> <p>12:00-1:00 Social Time LR</p> <p>12:00-3:00 Volunteerism F Beach Clean Up</p> <p>1:00-2:00 Juicing K College & Career Pathways 114 Enlightenment 111</p> <p>1:00-2:30 Advanced Music Academy 108 (H) 885 0804 0727</p> <p>2:00-4:30 Open Art Class 113</p> <p>3:30-4:30 NA Open Meeting 111 (H) 836 0460 9371 Poetry 114 (H) 860 6045 5887</p> <p>(H)=Hybrid Zoom/Onsite Group is online/onsite</p>	<p>6 9:15-9:45 Ice Breaker LR</p> <p>10:00-11:00 Looking Good-Feeling Good 108</p> <p>10:00-11:30 Cooking K</p> <p>10:00-11:30 Mosaics 113 **New Day**</p> <p>OFF Campus Sport Activities-El Camino Real Park, Orange</p> <p>11:00-11:30 Ambassador Meeting/ PPSP 114</p> <p>11:00-12:00 Stay Fit Friday 107/OS AA Open Meeting 111</p> <p>12:00-1:00 Social Time LR (H) 823 6633 6837</p> <p>1:00-2:00 Mindfulness 111 Balance & Boundaries 108 Auto-Empoderamiento 114</p> <p>1:30-3:30 Fun With Acrylics 113 *Closed Group*</p> <p>3:00-4:30 Chess Club 114 West African Drumming 111</p>  <p>2:00-3:30 LAST Summer Barbecue & Ice Cream Social</p> <p>3:35-4:15 Rock & Roll-Choir 107 (H) 857 3185 8460</p> <p>5:00-8:00 Social Hour LR, 113, 108 Anime/Japanese Language</p>	<p>7 9:15-9:45 Ice Breaker LR</p> <p>9:45-10:45 Coping Skills 108</p> <p>10:00-12:00 Jewelry Design 113</p> <p>10:00-11:00 Schizophrenia Alliance 114</p> <p>10:30-4:00 Social Outing F Tustin Police 27th Annual Open House (free hot dog/chips/ Shaved ice)</p> <p>11:00-12:00 Enlightenment 108 (H) 867 7506 1248</p> <p>11:30-3:30 Matinee Movies at AMC 30 at the Outlets at Orange Van leaves WCC at 11:45+ Box Office 12:00 to 12:30 Return Pick Up -3:30</p> <p>12:00-1:00 Topic of the Day 108 (H) 810 6071 6338</p> <p>1:00-2:00 Poetry 114 NAMI Connection 108 (H) 825 2384 8811</p> <p>2:15-4:25 Art Workshop 113 In House Cinema LR Bingo 114 Karaoke 108 Fun with Games 107</p> <p>Translators available upon request in: Spanish, Korean Vietnamese, Farsi, Chinese</p>


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Tustin St. Building C. Orange, CA 92866 714-361-4860 www.wellnesscenteroc.com</p> <p>It's Time to Network! Come dressed for success and be ready to chat with representatives from agencies across Orange County</p>  </div> <p>12:00-1:00 Social Time LR</p> <p>12:00-3:00 Volunteerism F Beach Clean Up</p> <p>1:00-2:00 Juicing K College & Career Pathways 114 Enlightenment 111</p> <p>1:00-2:30 Advanced Music Academy 108 (H) 885 0804 0727</p> <div data-bbox="1071 1193 1386 1388" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">2:00-3:15 Job Club 114</p> <p style="text-align: center;">How to Land an Interview 827 1402 3816 Passcode: 506456</p> </div> <p>2:00-4:30 Open Art Class 113</p> <p>3:30-4:30 NA Open Meeting 111 (H) 836 0460 9371 Poetry 114 (H) 860 6045 5887</p>	<p>13 9:15-9:45 Ice Breaker LR</p> <p>10:00-11:00 Looking Good-Feeling Good 108</p> <p>10:00-11:30 Cooking K</p> <p>10:00-11:30 Mosaics 113 **New Day**</p> <p>OFF Campus Sport Activities-El Camino Real Park, Orange</p> <p>11:00-11:30 Chat with MAB 113</p> <p>11:00-12:00 Stay Fit Friday 107 or OS AA Open Meeting 111 LGBTQ+(Closed) 114</p> <p>12:00-1:00 Social Time LR (H) 823 6633 6837</p> <p>1:00-2:00 Mindfulness 111 Balance & Boundaries 108 Auto-Empoderamiento 114</p> <p>1:30-3:30 Fun With Acrylics 113 *Closed Group*</p> <p>2:00-3:00 Women's Group 108 (H) 875 7924 1408 Men's Group 111 (H) 865 8458 5314</p> <p>3:00-4:30 Good Vibes Circle 108 Chess Club 114 West African Drumming 111</p> <p>3:15-4:15 Tea Time K</p> <p>5:00-8:00 Social Hour LR, 113, 108 Anime/Japanese Language</p>	<p>14 9:15-9:45 Ice Breaker LR</p> <p>9:45-10:45 Coping Skills 108</p> <p>10:00-12:00 Jewelry Design 113</p> <p>10:00-11:00 Schizophrenia Alliance 114</p> <div data-bbox="1753 487 2047 698" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">10:30-4:00 Social Outing F 2nd Annual Recovery Happens & Family Fun Day</p> </div> <p>11:00-12:00 Enlightenment 108 (H) 867 7506 1248</p> <div data-bbox="1753 868 2047 1144" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">11:30-3:30 Matinee Movies at AMC 30 at the Outlets at Orange Van leaves WCC at 11:45+- Box Office 12:00 to 12:30 Return Pick Up -3:30</p> </div> <p>12:00-1:00 Topic of the Day 108 (H) 810 6071 6338</p> <p>1:00-2:00 Poetry 114 NAMI Connection 108 (H) 825 2384 8811</p> <p>2:15-4:25 Art Workshop 113 In House Cinema LR Bingo 114 Karaoke 108 Fun with Games 107</p>

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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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Friday 9:00am-8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>23 9:15-9:45 Ice Breaker LR</p> <p>9:45-12:45 Beach Volleyball F Location 17th & PCH Huntington Beach</p> <p>10:00-10:30 Walk & Talk OS</p> <p>10:00-11:00 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908</p> <p>10:00-12:00 Jewelry Design 113</p> <p>11:00-12:00 Break through the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 Yoga 107</p> <p>12:00-1:00 Social Time LR (H) 823 6633 6837</p> <p>1:00-2:00 Healthy Relationships 108 (H) 840 3417 3056 Effective Communication 111 **Added Meeting** AA Open Meeting 107</p> <p>1:00-2:30 Healing With Art 113</p> <p>1:30-3:00 Cooking K</p> <p>2:15-3:15 Coping Skills 108 Social Anxiety 111</p> <p>3:30-4:30 DBSA 108 Game Time 114</p>	<p>24 9:15-9:45 Ice Breaker LR</p> <p>9:45-10:45 Eat Well, Live Well 114 (H) 814 7469 2733</p> <p>10:00-11:00 Al-Anon Meeting 107</p> <p>10:00-11:30 **New Day** Join Us For Coffee F</p> <p>10:00-12:00 Watercolors 113</p> <p>10:00-1:00 Volunteerism F Gold Coast Farms</p> <p>10:30-12:00 Music Academy 108 (H) 885 0804 0727</p> <p>11:00-12:00 Schizophrenia Alliance 114 DBSA 111 Karaoke 107</p> <p>12:00-1:00 Social Time LR</p> <p>1:00-2:00 Self Empowerment 111 (H) 895 9260 2224 Time Travel with Terry 108 (H) 818 6899 2601</p> <p>1:30-2:30 Beginning Computer 109</p> <p>2:00-3:30 Mosaics 113</p> <p>2:00-4:00 Bowling at Concourse F</p> <p>2:15-3:15 Anger Management 108 (H) 897 1661 6727</p> <p>3:30-4:30 Chess Club 114 Relaciones Saludables 108</p>	<p>25 9:15-9:45 Ice Breaker LR</p> <p>9:45-10:45 Wellness Wednesday 114 Gardening OS</p> <p>9:45-10:45 NAMI Connection 108 (H) 824 5047 2205</p> <p>9:45-10:45 Art Workshop 113</p> <p>10:00-10:30 Walk & Talk OS</p> <p>10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371 Grupo de Apoyo 107</p> <p>10:00-12:00 Card Playing Tournament-WCS</p> <p>11:00-11:50 Community Meeting LR (H) 844 3176 0396</p> <p>12:00-1:00 Social Time LR (H) 823 6633 6837</p> <p>12:00-3:00 Volunteerism F Beach Clean Up</p> <p>1:00-2:00 ASL Sign Language 108</p> <p>Young Adult Group Preparing for the Future 107</p> <p>1:00-2:30 Jewelry Design 113 Uke N'Feel Better 111 WRAP 114 (H) 832 7126 3020</p> <p>2:30-3:30 Bingo 107</p> <p>2:30-4:00 Chess Club 114 Crochet 113</p> <p>3:00-4:30 West African Drumming 111</p> <p>3:30-4:30 Journaling y Escritura 107 Social Skills 108</p>	<p>26 9:15-9:45 Ice Breaker LR</p> <p>9:45-10:45 Tai Chi 107/OS</p> <p>9:45-11:15 OFF Campus Sport Activities-El Camino Real Park, Orange</p> <p>10:00-11:00 Healthy Living 114 (H) 812 0742 2407 DBSA 108 (H) 852 7154 9027</p> <p>10:00-3:00 Social Outing F Barnes & Noble</p> <p>11:00-12:00 Open Discussion 107 Brain Health 114 Positive Thinking 108 (H) 841 4238 8927</p> <p>12:00-1:00 Social Time LR</p> <p>12:00-3:00 Volunteerism F Beach Clean Up</p> <p>1:00-2:00 Juicing K College & Career Pathways 114 Enlightenment 111</p> <p>1:00-3:00 Chess Fest</p> <p>1:00-2:30 Advanced Music Academy 108 (H) 885 0804 0727</p> <p>2:00-4:30 Open Art Class-Special- Balloon Art 113</p> <p>3:30-4:30 NA Open Meeting 111 (H) 836 0460 9371 Poetry 114 (H) 860 6045 5887</p>	<p>27 9:15-9:45 Ice Breaker LR</p> <p>10:00-11:00 Looking Good-Feeling Good 108</p> <p>10:00-11:30 Cooking K</p> <p>10:00-11:30 Mosaics 113 **New Day** OFF Campus Sport Activities-El Camino Real Park, Orange</p> <p>11:00-11:30 Chat with MAB LR or 107</p> <p>11:00-12:00 Stay Fit Friday 107/OS AA Open Meeting 111</p> <p>12:00-1:00 Social Time LR (H) 823 6633 6837</p> <p>1:00-2:00 Mindfulness 111 Balance & Boundaries 108 Auto-Empoderamiento 114</p> <p>1:30-3:30 Fun With Acrylics 113 *Closed Group*</p> <p>2:00-3:00 Women's Group 108 (H) 875 7924 1408 Men's Group 111 (H) 865 8458 5314 Best Presenting Self 114 836 1671 9491</p> <p>3:00-4:30 Good Vibes Circle 108 Chess Club 114 West African Drumming 111</p> <p>3:15-4:15 Tea Time K</p> <p>5:00-8:00 Social Hour LR 113 108 Super Bingo! Anime/Japanese Language 107</p>	<p>28 9:15-9:45 Ice Breaker LR</p> <p>9:45-10:45 Coping Skills 108</p> <p>10:00-12:00 Jewelry Design 113</p> <p>10:00-11:00 Schizophrenia Alliance 114</p> <p>10:30-4:00 Social Outing F Anaheim Health Fair</p> <p>11:00-12:00 Enlightenment 108 (H) 867 7506 1248</p> <p>11:30-3:30 Matinee Movies at AMC 30 at the Outlets at Orange Van leaves WCC at 11:45+- Box Office 12:00 to 12:30 Return Pick Up -3:30</p> <p>12:00-1:00 Topic of the Day 108 (H) 810 6071 6338</p> <p>1:00-2:00 Poetry 114 NAMI Connection 108 (H) 825 2384 8811</p> <p>2:15-4:25 Art Workshop 113 In House Cinema LR Bingo 114 Karaoke 108 Fun with Games 107</p>



For hybrid (H) groups call (213) 338-8477, enter meeting number when prompted. Via computer at [Zoom.US](https://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

Wellness Center Central

September 2024

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

Monday

- 30 9:15-9:45**
Ice Breaker LR
- 9:45-12:45**
Beach Volleyball F
Location 17th & PCH
Huntington Beach
- 10:00-10:30**
Walk & Talk OS
- 10:00-11:00**
Mindful Meditation 111
Dual Recovery
Anonymous 108 (H)
847 7808 6908
- 10:00-12:00**
Jewelry Design 113
- 11:00-12:00**
Break through the
Barriers of Trauma 108
(H) 816 7681 1961
Music Appreciation 114
Yoga 107
- 12:00-1:00**
Social Time LR (H)
823 6633 6837
- 1:00-2:00**
Healthy
Relationships 108
(H) 840 3417 3056
- Effective
Communication 111
****Added Meeting****
AA Open Meeting 107
- 1:00-2:30**
Healing With Art 113
- 1:30-3:00**
Cooking K
- 2:15-3:15**
Coping Skills 108
Social Anxiety 111
- 3:30-4:30**
DBSA 108
Game Time 114



JOB CLUB



How to Land an Interview

TOPICS COVERED:

- Letting Employers Know You Want to Work
- Creating Targeted Resumes
- Ensuring Employers Can Reach You
- Following Up With Employers



HYBRID EVENT THURSDAY SEPTEMBER 12, 2024 2:00 P.M. TO 3:15 P.M.

ZOOM ID: 827 1402 3816 PASSCODE: 506456

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

MAB
Agenda Mtg.
09/13/2024
10:00-10:30am

~~~~~

**MAB Mtg. 114**  
09/20/2024  
11:00-12:30

Closed Groups



## SPECIAL WORKSHOP

Empowerment through Anger Management



Halleh Nia, the Coordinator of Case Management and Outreach at the Omid Institute will be with us for this one of kind presentation. Plan now to be with us!

One Day Only THURSDAY, SEPTEMBER 5TH - 11:00 AM

- Learn how to express your feelings and needs in an assertive and appropriate way.
- Learn to become familiar with some signs to recognize the need to anger control.
- Learn to develop anger management skills.

WELLNESS CENTER CENTRAL PRESENTS...

# CHESS FEST

Join us for our fun-filled Chess Fest! Players from West, South, and Central will face off in friendly competition. Whether you're a pro or just looking to learn, come enjoy the game and show off your skills. See you there!!

THURSDAY  
SEPT. 26TH / 1P - 3P

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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.  
**Best 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

**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 (support group in Spanish)

**Healthy Relationships-**Members explore different types of relationships and how to engage in healthy relationships.

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

**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.

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

**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.

**Rock n'Roll-Choir-**Come join us 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.

**Sounds With Ar'rell-**Come meditate with resonant, immersive sounds to help relax, let go of stress, anxiety & other worries & concerns.

**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 recovery.