

Wellness Center Central

October 2021

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



****New Course****
Pathways to Recovery
~ See April for details ~
Beginning Tuesday October 5
11:30-12:30 Room 114 (H)
Zoom # 856 4492 1478

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

LGBTQ+
Splash of Color

Open Forum
October 15th

**Community
Meeting
Every
Wednesday
10:55 am
to
11:55 am
Please Join
Us!!**



Costume Contest
Join us in person or online
Friday, October 29, 2021
12:00-1:00pm

**When you can't join us onsite,
join our **Zoom** online groups
and encourage other
members to join us too!
Together we will
maintain our well-being!**

(H)=Hybrid
Zoom/Onsite
The group is online & onsite

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MENTAL HEALTH MONTH OCTOBER

To join online groups & classes by phone, please call (213) 338-8477 then enter the meeting number when prompted. To access groups via computer, please log on to Zoom.com & enter the meeting number under the join link. You can download the Zoom app from the App Store on your smartphone. See our Blog at www.wellnesscenteroc.com or call our main number 714-361-4860.

Have A Look!

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

Employment Support By Appointment

To consult with our Employment Specialist
Janice, please call
(949) 406-9687
9am-5pm

For Help with your Wellness Recovery Action Plan (WRAP)

Please call **Diana for Assistance at**
(626) 373-0157
9am-5pm

MAB Agenda Mtg 10/21/2021 11:00-11:30

MAB Mtg. 10/22/2021 11:00-12:30

Closed Groups

Education Support By Appointment

If you are interested in Returning to school,

Please call **William at**
(714) 361-4860
9am-5pm

Friday

1 9:15-9:45
Ice Breaker LR

9:45-10:45
Social Anxiety 108

9:45-11:15
***New-Cooking K**
10:00-11:30
Arts & Crafts 113

10:55-11:55
LGBTQ+(Closed Group) 114
***New-Looking Good-Feeling Good 108**

12:00-1:00
Social Time LR (H)
869 0615 4927

1:00-2:00
Mosaics 113
Chat With MAB 114

2:15-3:15
Women's Group 114 (H)
875 7924 1408
Men's Group 108 (H)
827 3339 4133
Balance & Boundaries 111

3:25-4:25
Social Circle 108
Chess Club 114

5:00-8:00
Social Hour LR, 113, 108

Saturday

2 9:15-9:45
Ice Breaker LR

9:45-10:45
Coping Skills 108

10:00-12:00
Jewelry Design 113

10:30-12:30
Choir 107 (H)
857 3185 8460

10:55-11:55
Schizophrenia Alliance 108

12:00-1:00
Topic of the Day 108 (H)
810 607 16338

12:30-1:30
Social Time LR

12:30-1:30
Meet us at the Matinee Movies at AMC 30 at the Outlets at Orange

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

2:15-4:25
Art Workshop 113
Movie Club LR

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