

# Wellness Center Central

**September 2023**

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	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>25</b> 9:15-9:45 Ice Breaker LR  <u>10:00-10:30</u> Walk & Talk OS  <u>10:00-11:00</u> Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 Life Hacks 113  <u>10:00-11:30</u> Join Us For Coffee F  <u>11:00-12:00</u> Break through the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 Yoga 107  <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837  <u>1:00-2:00</u> Healthy Relationships 108 (H) 856 3239 8128 Conflict Resolution 111  <u>1:00-2:30</u> Healing With Art 113  <u>1:30-3:00</u> Cooking K  <u>2:15-3:15</u> Coping Skills 108 Social Anxiety 111  <u>3:30-4:30</u> DBSA 108 Game Time 114	<b>26</b> 9:15-9:45 Ice Breaker LR  <u>9:45-10:45</u> Eat Well, Live Well 114 (H) 828 4508 0989  <u>10:00-11:00</u> Al-Anon Meeting 107  <u>10:00-11:30</u> OFF Campus Sport Activities-Grijalva Park  <u>10:00-12:00</u> Watercolors 113  <u>10:00-1:00</u> Volunteerism F Gold Coast Farms  <u>11:00-12:00</u> Schizophrenia Alliance 114 DBSA 107 Karaoke 108  <u>12:00-1:00</u> Social Time LR  <u>1:00-2:00</u> Self Empowerment 111 (H) 895 9260 2224 Time Travel with Terry 108 (H) 818 6899 2601  <u>1:30-2:30</u> Beginning Computer 109  <u>2:00-4:00</u> Bowling at Concourse F  <u>2:15-3:15</u> Anger Management 108 (H) 897 1661 6727 Glass Arts/Mosaics 113  <u>3:30-4:30</u> Bingo 113 Chess Club 114	<b>27</b> 9:15-9:45 Ice Breaker LR  <u>9:45-10:45</u> Wellness Wednesday 114 Gardening OS  <u>9:45-11:00</u> NAMI Connection 108 (H) 824 5047 2205  <u>9:45-11:15</u> Art Workshop 113  <u>10:00-10:30</u> Walk & Talk OS  <u>10:00-11:00</u> AA Open Meeting 111 (H) 836 0460 9371  <u>11:00-12:00</u> Community Meeting LR (H) 830 4709 0440  <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837  <u>12:00-3:00</u> Volunteerism F Beach Clean Up  <u>1:00-2:00</u> ASL Sign Language 108  Young Adult Group Preparing for the Future 107  <u>1:00-2:30</u> WRAP 114 (H) 832 7126 3020  <u>1:00-2:30</u> Jewelry Design 113  <u>1:00-3:00</u> Frisbee Golf F  <u>2:15-3:15</u> Grupo de Apoyo 108  <u>2:30-4:00</u> Chess Club 114 Crochet 113  <u>3:00-4:30</u> West African Drumming 111  <u>3:30-4:30</u> Journaling 107 Social Skills 108	<b>28</b> 9:15-9:45 Ice Breaker LR  <u>9:45-10:45</u> Tai Chi 107/OS  <u>9:45-11:15</u> OFF Campus Sport Activities-Grijalva Park  <u>10:00-11:00</u> Healthy Living 114 (H) 841 6593 6409 DBSA 108 (H) 874 1407 2502  <u>10:00-3:00</u> Social Outing F Laguna Lake Park Fullerton  <u>11:00-12:00</u> Open Discussion 107 Brain Health 114  <u>12:00-1:00</u> Social Time LR  <u>12:30-3:00</u> Volunteerism F Beach Clean Up  <u>1:00-2:00</u> Juicing K College & Career Pathways 114 Positive Thinking 107 (H) 841 4238 8927 Enlightenment 111  <u>1:00-2:30</u> Music Academy 108 (H) 885 0804 0727  <u>2:00-4:30</u> Open Art Class 113  <u>2:15-3:15</u> Resilience 111  <u>3:30-4:30</u> NA Open Meeting 111 836 0460 9371 Poetry 114 (H) 860 6045 5887	<b>29</b> 9:15-9:45 Ice Breaker LR  <u>10:00-11:30</u> Cooking K  <u>10:00-11:30</u> Arts & Crafts 113  <u>10:00-1:00</u> Beach Volleyball F Location 17th & PCH Huntington Beach  <u>11:00-11:30</u> Chat with MAB 114  <u>11:00-12:00</u> Looking Good-Feeling Good 108 Stay Fit Friday 107/OS AA Open Meeting 111  <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837  <u>1:00-2:00</u> Mindfulness 111  <u>2:30-3:30</u> Women's Group 111 (H) 875 7924 1408 Men's Group 114 (H) 827 3339 4133 Balance & Boundaries 108  <u>3:30-4:30</u> Good Vibes Circle 108 Chess Club 114 Tea Time K Glass Arts/Mosaics 113  <u>5:00-8:00</u> Social Hour-Super Bingo! LR, 113, 108  	<b>30</b> 9:15-9:45 Ice Breaker LR  <u>9:45-10:45</u> Coping Skills 108  <u>10:00-12:00</u> Jewelry Design 113  <div style="border: 2px solid blue; padding: 10px; text-align: center;"> <u>9:30-3:30</u> Social Outing F Segerstrom Center for the Arts Theater Ctr. Tour           </div> <u>10:15-11:15</u> Schizophrenia Alliance 114  <u>11:00-12:00</u> Enlightenment 108 (H) 867 7506 1248  <u>12:00-1:00</u> Topic of the Day 108 (H) 810 6071 6338  <div style="border: 2px solid blue; padding: 10px; text-align: center;"> <u>12:00-3:30</u> Matinee Movies at AMC 30 at the Outlets at Orange Van leaves WCC at 12:00+ - Box Office 12:15+ - Return Pick -3:30!           </div> <u>1:00-2:00</u> Poetry 114  <u>1:00-2:15</u> NAMI Connection 108 (H) 825 2384 8811  <u>2:15-4:25</u> Art Workshop 113 In House Cinema LR Bingo 114 Karaoke 108

# Wellness Center Central

## October 2023

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Friday 9:00am-8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> 9:15-9:45 Ice Breaker LR 10:00-10:30 Walk & Talk OS 10:00-11:00 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 10:00-11:30 Join Us For Coffee F 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) 856 3239 8128 Conflict Resolution 111 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	<b>3</b> 9:15-9:45 Ice Breaker LR 9:45-10:45 Eat Well, Live Well 114 (H) 828 4508 0989 10:00-11:00 Al-Anon Meeting 107 10:00-11:30 OFF Campus Sport Activities-Grijalva Park 10:00-12:00 Watercolors 113 10:00-1:00 Volunteerism F Gold Coast Farms 11:00-12:00 Schizophrenia Alliance 114 DBSA 107 Karaoke 108 12:00-1:00 Social Time LR 1:00-2:00 Self Empowerment 111 (H) 895 9260 2224 Time Travel with Terry 108 (H) 818 6899 2601 1:30-2:30 Beginning Computer 109 2:00-4:00 Bowling at Concourse F 2:15-3:15 Anger Management 108 (H) 897 1661 6727 Glass Arts/Mosaics 113 3:30-4:30 Bingo 113 Chess Club 114 Dignificandonos 108 (H)=Hybrid Zoom/Onsite Group is online/onsite	<b>4</b> 9:15-9:45 Ice Breaker LR 9:45-10:45 Wellness Wednesday 114 Gardening OS 9:45-11:00 NAMI Connection 108 (H) 824 5047 2205 9:45-11:15 Art Workshop 113 10:00-10:30 Walk & Talk OS 10:00-11:00 AA Open Meeting 111 (H) 836 0460 9371 11:00-12:00 Community Meeting LR (H) 830 4709 0440 11:00-2:00 Volunteerism F Food Distribution 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 ASL Sign Language 108 Young Adult Group Preparing for the Future 107 1:00-2:30 WRAP 114 (H) 832 7126 3020 1:00-2:30 Jewelry Design 113 2:15-3:15 Grupo de Apoyo 108 2:30-4:00 Chess Club 114 Crochet 113 3:00-4:30 West African Drumming 111 3:30-4:30 Journaling 107 Social Skills 108	<b>5</b> 9:15-9:45 Ice Breaker LR 9:45-10:45 Tai Chi 107/OS 9:45-11:15 OFF Campus Sport Activities-Grijalva Park 10:00-11:00 Healthy Living 114 (H) 841 6593 6409 DBSA 108 (H) 874 1407 2502 10:00-3:00 Social Outing F Roger's Garden/ Fashion Island 11:00-12:00 Open Discussion 107 Brain Health 114 12:00-1:00 Social Time LR 12:30-3:00 Volunteerism F Beach Clean Up 1:00-2:00 Juicing K College & Career Pathways 114 Positive Thinking 107 (H) 841 4238 8927 Enlightenment 111 1:00-2:30 Music Academy 108 (H) 885 0804 0727 2:00-4:30 Open Art Class 113 2:15-3:15 Resilience 111 3:30-4:30 NA Open Meeting 111 836 0460 9371 Poetry 114 (H) 860 6045 5887	<b>6</b> 9:15-9:45 Ice Breaker LR *New Time* 10:00-11:00 Looking Good-Feeling Good 108 10:00-11:30 Cooking K 10:00-11:30 Arts & Crafts 113 10:00-1:00 Beach Volleyball F Location 17th & PCH Huntington Beach 11:00-11:30 Ambassador Meeting/ PPSP 114 11:00-12:00 Stay Fit Friday 107/OS AA Open Meeting 114 LGBTQ+(Closed)108 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 Mindfulness 111 2:30-3:30 Women's Group 111 (H) 875 7924 1408 Men's Group 114 (H) 827 3339 4133 Balance & Boundaries 108 3:30-4:30 Good Vibes Circle 108 Chess Club 114 Rock & Roll-Choir 107 (H) 857 3185 8460 Glass Arts/Mosaics 113 5:00-8:00 Social Hour LR, 113, 108 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 them to Sohail.Eftekhazadeh@pathways.com	<b>7</b> 9:15-9:45 Ice Breaker LR 9:45-10:45 Coping Skills 108 10:00-12:00 Jewelry Design 113 10:15-11:15 Schizophrenia Alliance 114 10:00-3:30 Social Outing F Green Port Fair Long Beach 11:00-12:00 Enlightenment 108 (H) 867 7506 1248 12:00-1:00 Topic of the Day 108 (H) 810 6071 6338 12:00-3:30 Matinee Movies at AMC 30 at the Outlets at Orange Van leaves WCC at 12:00+ - Box Office 12:15+ - Return Pick Up at 3:30! 1:00-2:00 Poetry 114 1:00-2:15 NAMI Connection 108 (H) 825 2384 8811 2:15-4:25 Art Workshop 113 In House Cinema LR Bingo 114 Karaoke 108



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Friday 9:00am-8:00pm

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<b>23</b> 9:15-9:45 Ice Breaker LR  <u>10:00-10:30</u> Walk & Talk OS  <u>10:00-11:00</u> Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 Life Hacks 113  <u>10:00-11:30</u> Join Us For Coffee F  <u>11:00-12:00</u> Break through the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 Yoga 107  <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837  <u>1:00-2:00</u> Healthy Relationships 108 (H) 856 3239 8128 Conflict Resolution 111  <u>1:00-2:30</u> Healing With Art 113  <u>1:30-3:00</u> Cooking K  <u>2:15-3:15</u> Coping Skills 108 Social Anxiety 111  <u>3:30-4:30</u> DBSA 108 Game Time 114	<b>24</b> 9:15-9:45 Ice Breaker LR  <u>9:45-10:45</u> Eat Well, Live Well 114 (H) 828 4508 0989  <u>10:00-11:00</u> Al-Anon Meeting 107  <u>10:00-11:30</u> OFF Campus Sport Activities-Grijalva Park  <u>10:00-12:00</u> Watercolors 113  <u>10:00-1:00</u> Volunteerism F Gold Coast Farms  <u>11:00-12:00</u> Schizophrenia Alliance 114 DBSA 107 Karaoke 108  <u>12:00-1:00</u> Social Time LR  <u>1:00-2:00</u> Self Empowerment 111 (H) 895 9260 2224 Time Travel with Terry 108 (H) 818 6899 2601  <u>1:30-2:30</u> Beginning Computer 109  <u>2:00-4:00</u> Bowling at Concourse F  <u>2:15-3:15</u> Anger Management 108 (H) 897 1661 6727 Glass Arts/Mosaics 113  <u>3:30-4:30</u> Bingo 113 Chess Club 114 Dignificandonos 108	<b>25</b> 9:15-9:45 Ice Breaker LR  <u>9:45-10:45</u> Wellness Wednesday 114 Gardening OS  <u>9:45-11:00</u> NAMI Connection 108 (H) 824 5047 2205  <u>9:45-11:15</u> Art Workshop 113  <u>10:00-10:30</u> Walk & Talk OS  <u>10:00-11:00</u> AA Open Meeting 111 (H) 836 0460 9371  <u>11:00-12:00</u> Community Meeting LR (H) 830 4709 0440  <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837  <div style="border: 1px solid blue; padding: 5px; text-align: center;"> <u>12:00-2:00</u> Social Outing F Wellness Center West Halloween Party             </div> <u>12:00-3:00</u> Volunteerism F Beach Clean Up  <u>1:00-2:00</u> ASL Sign Language 108  Young Adult Group Preparing for the Future 107  <u>1:00-2:30</u> WRAP 114 (H) 832 7126 3020  <u>1:00-2:30</u> Jewelry Design 113  <u>2:15-3:15</u> Grupo de Apoyo 108  <u>2:30-4:00</u> Chess Club 114 Crochet 113  <u>3:00-4:30</u> West African Drumming 111  <u>3:30-4:30</u> Journaling 107 Social Skills 108	<b>26</b> 9:15-9:45 Ice Breaker LR  <u>9:45-10:45</u> Tai Chi 107/OS  <u>9:45-11:15</u> OFF Campus Sport Activities-Grijalva Park  <u>10:00-11:00</u> Healthy Living 114 (H) 841 6593 6409 DBSA 108 (H) 874 1407 2502  <div style="border: 1px solid blue; padding: 5px; text-align: center;"> <u>10:00-2:00</u> Social Outing F Wellness Center South Halloween Party             </div> <u>11:00-12:00</u> Open Discussion 107 Brain Health 114  <u>12:00-1:00</u> Social Time LR  <u>12:30-3:00</u> Volunteerism F Beach Clean Up  <u>1:00-2:00</u> Juicing K College & Career Pathways 114 Positive Thinking 107 (H) 841 4238 8927 Enlightenment 111  <u>1:00-2:30</u> Music Academy 108 (H) 885 0804 0727  <u>2:00-4:30</u> Open Art Class 113  <u>2:15-3:15</u> Resilience 111  <u>3:30-4:30</u> NA Open Meeting 111 836 0460 9371 Poetry 114 (H) 860 6045 5887	<b>27</b> 9:15-9:45 Ice Breaker LR  *New Time* <u>10:00-11:00</u> Looking Good-Feeling Good 108  <u>10:00-11:30</u> Cooking K  <u>10:00-11:30</u> Arts & Crafts 113  <u>10:00-1:00</u> Beach Volleyball F Location 17th & PCH Huntington Beach  <u>11:00-11:30</u> Chat with MAB 114  <u>11:00-12:00</u> Stay Fit Friday 107/OS AA Open Meeting 111  <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837  <u>1:00-2:00</u> Mindfulness 111  <u>2:30-3:30</u> Women's Group 111 (H) 875 7924 1408 Men's Group 114 (H) 827 3339 4133  Balance & Boundaries 108  <u>3:30-4:30</u> Good Vibes Circle LR Chess Club 114 Tea Time K Glass Arts/Mosaics 113  <u>5:00-8:00</u> Social Hour-Super Bingo! LR, 113, 108  	<b>28</b> 9:15-9:45 Ice Breaker LR  <u>9:45-10:45</u> Coping Skills 108  <u>10:00-12:00</u> Jewelry Design 113  <u>10:15-11:15</u> Schizophrenia Alliance 114  <div style="border: 1px solid blue; padding: 5px; text-align: center;"> <u>10:00-3:30</u> Social Outing F Chinese American Museum in Los Angeles             </div> <u>11:00-12:00</u> Enlightenment 108 (H) 867 7506 1248  <u>12:00-1:00</u> Topic of the Day 108 (H) 810 6071 6338  <div style="border: 1px solid blue; padding: 5px; text-align: center;"> <u>12:00-3:30</u> Matinee Movies at AMC 30 at the Outlets at Orange Van leaves WCC at 12:00+ - Box Office 12:15+ - Return Pick -3:30!             </div> <u>1:00-2:00</u> Poetry 114  <u>1:00-2:15</u> NAMI Connection 108 (H) 825 2384 8811  <u>2:15-4:25</u> Art Workshop 113 In House Cinema LR Bingo 114 Karaoke 108



October 2023

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Monday	Tuesday
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<div style="border: 2px solid blue; padding: 10px;"> <p style="text-align: center;"><i>Translators available upon request in: Spanish, Vietnamese, Farsi, Chinese and Korean</i></p> </div>	

Funded by the DC Health Care Agency through the Mental Health Services Account.

## 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-**

**Balance and Boundaries-** Members can explore steps to establishing and maintaining healthy boundaries.

**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.

**Choir-** This class offers an opportunity for members to sing fun/popular songs and perform at various events in the community.

**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.

**Employment/Education-** 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 Specialist anytime.

**Fresh floral design-** Members explore how to create beautiful floral arrangements with fresh flowers, vases or holiday related containers.

**Floral Design-** Members learn how to create beautiful floral arrangements with faux flowers, vases or holiday related containers.

**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.

**LGBTIQ+ - Closed Group-** 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 Connections-** NAMI Connection is a recovery support group for adults living with mental illness where members learn from sharing experiences and coping strategies in a positive and supportive environment. Meets twice weekly.

**Our Stories-TAY Art Workshop-** Share your story through fine arts, for Transitional Age Youth, ages 18-24; six week session to explore fine arts as a means of self expression & mental wellness.

**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.

**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.

**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 on a court located at the Wellness Center campus.

**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.

**Smoothies-** Learn to make delicious homemade fresh smoothies for health benefits and treats.

**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.

**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.

**American History-** Learn about American History from a knowledgeable historian. Hear the history of early settlers and how their travels/experiences helped to shape our country.

**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!

**Breakfast Club-** Come with us to spend a little time chatting and enjoying a quick meal.

**Chat With Director-** Spend a little time with WCC Director to share ideas, give feedback and suggestions.

**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.

**Let's Go-Virtual Tours-** Let's travel virtually to locations and learn about their history, experiences, art, etc.

**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.

**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 the recovery.