

Member ID	Group Name	Facilitator Name	What did you learn by attending the group? What do you like about the group?	What did you not like about the group? What can be improved?	What would you like to learn or do in this class/group?	What subject would you like to have a speaker discuss in the future?	Does this group start and end on time?	If not, please explain.	Other comments?	Overall I enjoyed this group. (Please choose one)	I will attend this group again. (Please choose one)	Staff Comment
4006	Healthy Relationships	April		April always makes class fun.			Yes		April is always well educated. PowerPoints are wonderful she includes all members makes me feel like I'm in college committee excellent heal and great example.	Strongly Agree	Strongly Agree	
132	Healthy Relationships	April	Communication skills-diverse		Make conscience effort to treat partner, family, co-worker, etc. with respect.	Explore ways to make relationships more joyful, fulfilling.	Yes			Agree	Agree	
6032	Healthy Relationships	April	Nothing				Yes		April always does a wonderful job. This is my favorite group.	Strongly Agree	Strongly Agree	
7154	Healthy Relationships	April	I learned about trust and commitment. I need that it was explained to me.	Not much that I can think of can be improved	I would like to learn about exaptation's	Social Anxiety	Yes			Strongly Agree	Strongly Agree	
1174	Healthy Relationships	April	Different perspective the way April gets class evolved.				Yes			Agree	Strongly Agree	
6950	Healthy Relationships	April					Yes		The class is good no reason to change anything	Agree	Agree	
4051	Healthy Relationships	April	Trust is important in a relationship	I like open discussion	Relationships		Yes			Strongly Agree	Strongly Agree	
6611	Healthy Relationships	April	Relationships	It was all good	How to stay healthy in life	Same Topics	Yes		April is the best facilitator you got	Strongly Agree	Strongly Agree	
7187	Breakthrough the Barriers of Trauma	April	Through trauma is bad, you develop strength you didn't know you had.				Yes			Strongly Agree	Strongly Agree	
6611	Breakthrough the Barriers of Trauma	April	April is good at what she does.	Not one thing	More of the same	Depression & Anxiety and stress	Yes		I like April as a facilitator	Strongly Agree	Strongly Agree	
6950	Breakthrough the Barriers of Trauma	April					Yes		The group was good no need for change	Agree	Agree	
1174	Breakthrough the Barriers of Trauma	April	Different perspective. How she gets whole class to interact and not just read.				Yes			Agree	Strongly Agree	
	Breakthrough the Barriers of Trauma	April	Break taught into ideal.	More people	Getting more involvement	Professional speaking 1 hour.	Yes		Very good strong group	Agree	Strongly Agree	
6928	Breakthrough the Barriers of Trauma	April	Finding the silver lining of a trauma and admiring the strength that results. I like learning tools for mental health.		a rage room		Yes			Agree	Strongly Agree	
1201	Breakthrough the Barriers of Trauma	April	Recognized I had strength in the past and I can use them to get through hard times again.		More strategies on having confidence to face hard times in the future.		Yes		Thanks April	Strongly Agree	Strongly Agree	
7110	Healthy Living	April	Checking with yourself go by how you feel.	N/A	Being assertive	same	Yes			Strongly Agree	Strongly Agree	
6397	Healthy Living	April	We learned how to manage our energy and positive ways to reinforce it	N/A	How to manage exercise in daily life	N/A	Yes		April does amazing getting everyone to participate	Strongly Agree	Strongly Agree	
1615	Healthy Living	April	Eating food makes you more productive	N/A	More foods for energy	N/A	Yes			Strongly Agree	Strongly Agree	
6413	Healthy Living	April	We learned how to manage our energy and positive ways to reinforce it.	N/A	How to manage exercise in daily life	N/A	Yes		April does amazing getting everyone to participate.	Strongly Agree	Strongly Agree	
7187	Juicing	April	I enjoy the new types of produce or other items like turmeric	N/A	More of the same		Yes			Strongly Agree	Strongly Agree	
6471	Juicing	April	Tasting Juice	Nothing	How to make it	nothing	Yes			Strongly Agree	Strongly Agree	
6398	Juicing	April	Juicing	energy shot		Juicing	Yes			Agree	Neutral	
6637	Juicing	April	Great immune system booster on juicing	Love everything about this class.	Seems like the path where instructors does great	N/A	Yes			Strongly Agree	Strongly Agree	
	Healthy Relationships	April	Relaxation advice	I liked it	Coping skills	More relationship advice	Yes			Strongly Agree	Strongly Agree	
2389	Healthy Relationships	April	Different conflicts in relationships	N/A	Not sure	Not sure	Yes		No	Strongly Agree	Strongly Agree	
1615	Breakthrough the Barriers of Trauma	April	Open-Minded, being observant.		Open to any	Open to any	Yes		N/A	Strongly Agree	Strongly Agree	
6950	Healthy Relationships	April								Agree	Agree	
7147	Eat Well, Live Well	April	How April cooks, she ice bath the asparagus to stop it from cooking so it's not mushy.	None. I wish we made more to take home.	How to cook different cultural food.	Beneficial ingredients	Yes	I wish we had more time.	None	Strongly Agree	Strongly Agree	
6028	Eat Well, Live Well	April	No comment	No improvement	Baking	No comment	Yes		No comment	Strongly Agree	Strongly Agree	
7110	Wellness Wednesday	April	Be her own boss in life	N/A	Being more assertive	N/A	Yes			Strongly Agree	Strongly Agree	
2184	Breakthrough the Barriers of Trauma	April	No comment	No comment	Coping skill about trauma	Anything	Yes		None	Strongly Agree	Strongly Agree	
6950	Breakthrough the Barriers of Trauma	April								Agree	Agree	
6204	Breakthrough the Barriers of Trauma	April	Breaking through the barriers of trauma	N/A	Break through the barriers of trauma	N/A	Yes		N/A	Strongly Agree	Strongly Agree	
7110	Breakthrough the Barriers of Trauma	April	Participation	Nothing. I was cool.	N/A	Head injuries	Yes			Strongly Agree	Strongly Agree	
7154	Breakthrough the Barriers of Trauma	April	I learned that everyone is different emotionally. I liked the topic for the class.	I pretty much need it all.	I would like to learn more about schizophrenic brain.	Social Anxiety	Yes			Strongly Agree	Strongly Agree	
4114	Health and Resource Fair	April	Learned a lot about what resources are available.	Nothing I didn't like about the fair.	Employment & Housing.	Housing and Employment.	Yes		Great Fair.	Strongly Agree	Strongly Agree	
7197	Health and Resource Fair	April	Tons of information. Grateful for lunch also being provided! I especially am looing forward to holistic health and losing weight.	Nothing. Improve: Bigger event more time and more vendors for the future.	Local groups/events	I would love to see an animal based therapy.	Yes		Excellent job April. All of your hard work is very generous and helpful.	Strongly Agree	Strongly Agree	
7372	Health and Resource Fair	April	I learned about lots of available resources in Orange County. I liked everything especially the lungs.	Very Crowded	More testimonies about recovery		Yes			Strongly Agree	Agree	Thank you for the great feedback on getting more testimonials. Yes the Fair can be crowded since it is one of the popular events.
5677	Health and Resource Fair	April	I like all presentations, and people.							Strongly Agree	Strongly Agree	
1174	Health and Resource Fair	April	Health, rights, and resources connections.	N/A	N/A	N/A				Agree	Agree	
3717	Health and Resource Fair	April	Free Food	N/A	N/A	Food	Yes		Loved it.	Strongly Agree	Strongly Agree	

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7428	Health and Resource Fair	April	Different vendors offer many services. I liked the snacks.	I liked most parts of the group, nothing could be improved.	Learn how to manage stress and anger.	Upcoming events.	Yes		N/A	Strongly Agree	Strongly Agree	
7101	Health and Resource Fair	April	A lot of new things	N/A	N/A	I don't know	Yes		N/A	Strongly Agree	Strongly Agree	
7126	Health and Resource Fair	April	To not smoke	N/A	N/A	N/A				Strongly Agree	Strongly Agree	
6950	Health and Resource Fair	April					Yes		Perfect good and I enjoyed it.	Agree	Agree	
	Health and Resource Fair	April	LOVED EVERYTHING	Again-Loved everything but would have loved to receive an email.	Learned so much!	Dung	Yes		Do it again	Strongly Agree	Strongly Agree	Thank you, we apologize you got the invite a little late but glad you were able to make it.
3892	Health and Resource Fair	April	What a pair of lungs looks like.	N/A	N/A	N/A	Yes		N/A	Agree	Strongly Agree	
	Eat Well, Live Well	April	How to cook. Yummy.	Nothing	No Comment		Yes			Agree	Agree	
	Eat Well, Live Well	April	Cool salmon skin side down first on the skillet blanch asparagus.		Learn to make a one skillet or pot dish (least amount) of clean up.		Yes		Need other people who stay to eat to help clean up.	Strongly Agree	Agree	
7110	Eat Well, Live Well	April	I learn a lot from this group.	N/A	Everything	Open	Yes			Strongly Agree	Strongly Agree	
2042	Eat Well, Live Well	April	How to eat well, communication and life skills	Want more hands on	Learn about brain health, memory wellness	Brain Health	Yes		She is friendly and communicate well teacher is great (need a Rose)	Strongly Agree	Strongly Agree	
5677	Eat Well, Live Well	April	I like to cook with April	N/A	Learn to cook healthy meals	N/A	Yes		None	Strongly Agree	Strongly Agree	
7197	Breakthrough the Barriers of Trauma	April	How I can make progress in my life and things aren't finished yet. I've been able to evaluate that I have certain personal qualities that have improved even after traumatic events and look at how far I've come from that situation. I like that several people share and it is interactive every week.	Sometimes it is hard to hear what people say in the meeting because the OWL picks up a lot of noises around it, so others need to be quiet if someone is sharing.	Have personal opportunities for different members to share some of their own progress with a specific trauma event, if they want to. I only saw one member who was guest speaker for class, maybe a few more of those opportunities would be good.	Trauma with different relationships, domestic violence, good ways to have personal security in life where I live and online safety, what is a reasonable amount of safety level to have	Yes		April always has things prepared and does an excellent job of making sure online and in person members are included with discussions.	Strongly Agree	Strongly Agree	Thank you for being patient with the owl. Feel free to remind us in the chat window too if the volume is still too low. We want to make sure you are heard as well.
4761	Breakthrough the Barriers of Trauma	April	recognizing when past trauma affects life and suggestions to cope with it	volume. Need to hear it...please pass around microphone	ok	stress	Yes	ok	great work April	Strongly Agree	Strongly Agree	Thank you for your feedback and a reminder that the room is quite large so we have to make sure the sound is working well for those on zoom.
7232	Juicing	April	Everything is good	All was good	I like it	I like it	Yes			Strongly Agree	Strongly Agree	
7110	Juicing	April	You like to taste the different veggies.	I like it.	Open	Any subject.	Yes			Agree	Agree	
7398	Juicing	April	Various combinations of healthy smoothies/juice. I like the variety, options, and samples.	More nutrition facts. Small space.	Be more hands on.	Antioxidant, other nutrition benefits.		Ends earlier for clean-up	Fun time, encourages me to juice.	Strongly Agree	Strongly Agree	Thank you for joining juicing. We do take volunteers at the start of class. Some people like to wash the veggies/fruits, some people like to prep in the cutting, working the machines, or cleaning up afterwards. Please feel free to pick where you'd like to be hands-on.
6637	Stay Fit Friday	April	Multiple workouts to be modified	N/A	Workout videos with more dancing.	N/A	Yes			Strongly Agree	Strongly Agree	
7414	Stay Fit Friday	April	Sweet Zumba moves. Working out with group	The duration it was 30 minutes. Would be fun to workout inside then walk outside.	Additional exercises	N/A It's a fun class to move in	Yes		April was an energetic and fun Zumba leader.	Agree	Neutral	
7264	Stay Fit Friday	April	Having a good 10mins workout	We stay together in training	Some good jumping	Maybe show my stunts	Yes		It was fun	Strongly Agree	Strongly Agree	
6779	Healthy Living	April	How to live a healthier more balanced life	I like everything			Yes			Strongly Agree	Strongly Agree	
6779	Healthy Relationships	April	I learned healthy communication, signs of emotional abuse, and how to maintain Healthy relationships	I like everything	How to move past fears of intimacy / commitment		Yes			Strongly Agree	Strongly Agree	
7232	Wellness Wednesday	April	Journaling, need more classes like this.	N/A	How to journal more	N/A	Yes			Strongly Agree	Strongly Agree	
1279	Healthy Relationships	April	How to have a healthy relationships, through less fighting more positivity.	Nothing wrong	Meet more people	satisfied	Yes		very relevant	Strongly Agree	Strongly Agree	
1201	Breakthrough the Barriers of Trauma	April	How to be mindful by focusing on an object and describing it using all your senses.		More exercises on staying in the present.	Same as what I put on the scrapbooking class form	Yes		Does not apply. I came in late.	Strongly Agree	Strongly Agree	
7414	Poetry	Armand	Rhyming to create poetry. The creative freedom allowed.	Not enough time to finish writing. More information or inspiration on structure.	Not sure new to poetry.	See #3	Yes			Neutral	Neutral	Thank you for your feedback. More time can be given to writing. Information about poem structure can be supplied.
6204	Social Time	Armand	Social time	N/A	Social time	N/A	Yes		N/A	Strongly Agree	Strongly Agree	
5464	Social Time	Armand	No	No	No	NO				Strongly Agree	Strongly Agree	
1279	Social Time	Armand	Socializing							Strongly Agree	Strongly Agree	
	Morning Ice Breaker	Armand	What's going on today. Informative	blank	Blank	blank	Yes			Agree	Agree	
	Morning Ice Breaker	Armand	The days schedule	No coffee	Blank	Blank	Yes			Strongly Agree	Strongly Agree	
6611	Morning Ice Breaker	Armand	Get up early	We need more people	How to get up early	Classes and classes	Yes		Keep up the good work	Strongly Agree	Strongly Agree	
7302	Mosaics	Armand	Mosaics/being creative and social.	N/A	N/A		Yes		It's Great!	Strongly Agree	Strongly Agree	
7303	Morning Ice Breaker	Armand	I like how I can attend other groups and chose the discussion classes like juicing.	There's nothing I didn't like about the group.	In juicing, I learned about making fruits and smoothies and also cooking. To learn different foods.	Not sure	Yes			Strongly Agree	Strongly Agree	
2181	Topic of the Day	Armand	Mindful scanner time how to use an app.	Nothing			Yes		Good Speakers	Strongly Agree	Agree	
3422	Tech Talk with Peers	Armand	Bounce back to happiness.	Nothing	How to use my phone better	How to use my computer better	Yes			Strongly Agree	Strongly Agree	
7197	Tech Talk with Peers	Armand	A lot of digital literacy support. I love that there are so many suggestions of different ways to practice mindfulness and good use of technology.	Nothing	More about sleep journal/sleep diary.	I would like more technology awareness of different specific social media software and different useful apps.	Yes		Great interactive group discussion.	Strongly Agree	Strongly Agree	
5677	Music Academy	Armand	I like to sing	N/A			Yes			Strongly Agree	Strongly Agree	
	Music Academy	Armand	Guitar	Nothing everything is good.	Guitar	Guitar	Yes		Very good class	Strongly Agree	Strongly Agree	
529	Music Academy	Armand	Listening to the guitar playing song.				Yes			Strongly Agree	Strongly Agree	
2209	Coping Skills	Armand	More coping skills.	Nothing	Even more ways to cope better in life.	Patience	Yes		N/A	Agree	Strongly Agree	
529	Coping Skills	Armand	Coping skills can be positive or negative according to the videos.				Yes			Strongly Agree	Strongly Agree	
132	Coping Skills	Armand	Focus on the TV-Read Sub Titles, engage in conversation.		I'd like to learn to communicate and express my viewpoint, be a good listener.	To challenge ourselves face our distractions boldly. and actively apply unique coping skills.	Yes			Agree	Agree	
2484	Enlightenment	Armand	Well organized. Met others.	N/A	Just get to hear other's stories	N/A	Yes			Agree	Agree	

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7320	Enlightenment	Armand	Talked about goals and skills	N/A	Recovery	Addiction	Yes		Excellence	Strongly Agree	Strongly Agree	
2042	West African Drumming	Armand	To be silent and listen	The music and peace it breaks	Patience		No	When he shows up.		Strongly Agree	Strongly Agree	Unfortunately the contractor often runs into traffic in getting here. We will be moving the group later in the coming month to account for the contractors schedule better.
1174	Chess Club	Armand	Improved concentration and memory skills.							Strongly Agree	Strongly Agree	
	Morning Ice Breaker	Armand	What is going on today. Informative				Yes			Agree	Agree	
1201	Chess Club	Armand	Think outside the box. Don't have to follow predictable moves.						Thanks to the staff for being available to play. Arman, Eric, and Joseph.	Strongly Agree	Strongly Agree	
7414	Glass Arts/Mosaics	Armand	Glass etching. I liked creating and seeing others creations.	The time, it was a little short.	Glass Mosaics	N/A	Yes		Thank you to Rose and Nettie for being so helpful.	Agree	Agree	Thank you for the feedback, we can see if it is possible to extend the class.
1201	Poetry	Armand	I hated the class (Sorry)	I did not like coming in to a dark room. It did not inspire me to write. I need something to look at, touch, smell, etc.	Need one works, a picture to look at an object to feel. Something besides empty tables and curtained windows.		No	Ended early because there were only 3 members present and I didn't want to share anything.	I felt trapped in a drab, boring room, but I stayed as long as I could.	Disagree	Disagree	We appreciate the feedback. Writing prompts are supplied. We can also supply physical objects to stimulate writing. We can make sure window shades are up to allow light and scenery in.
5413	Open Art Class	Armand	A place to get my mind off the reality	Sometimes people can get loud or distract with much too personal stories.	Art techniques lessons.	Art techniques/Lessons	Yes			Strongly Agree	Strongly Agree	An effort will be made to keep talk at low levels to allow others to concentrate on their art work. Thank you for letting us know.
6286	Music Academy	Armand	Playing guitar is fun		More lead breaks	Transposing keys	Yes			Strongly Agree	Strongly Agree	
3555	West African Drumming	Armand	The drums are so fun to do.	Nothing! Keep the way it is.	Other things in drumming		Yes		Keep doing this group	Strongly Agree	Strongly Agree	
3438	West African Drumming	Armand	New experience. Let out emotions.	It's good.	More notes	Singing	Yes			Strongly Agree	Strongly Agree	
4114	West African Drumming	Armand	Learned new time signature of 6/8 rhythm love everything about the group.	Other than David showing up not at the scheduled time. Class is amazing.	Learn the breaks, and signals of the rhythms.	How songs start and stop and break.	No	Class never starts on time but the class is amazing.	Class is amazing	Strongly Agree	Strongly Agree	Unfortunately the contractor often runs into traffic in getting here. We will be moving the group later in the coming month to account for the contractors schedule better.
1174	West African Drumming	Armand			Improve concentration, focused, and memory skills like feelings.					Strongly Agree	Strongly Agree	
1174	Chess Club	Armand	Improved concentration, focus & memory skills. take mind off of things challenges memory problems.							Strongly Agree	Strongly Agree	
6840	Enlightenment	Cody	Relaxing easy going your are listened to	All good	All good	blank	Yes		I enjoy very much	Strongly Agree	Strongly Agree	
6028	Enlightenment	Cody	No comment	No comment	No comment	No comment	Yes			Neutral	Neutral	
7147	Campus Sports Activities	Cody	I've never been good at any sport until I got invited to volleyball one time, I kept going and now I love it. What I learned is you got to be bad at something before you become good at it.	None, I love this group. Every time I attend I like the interaction we need a score card to keep track of the score.	New techniques on hitting the ball	Tips on new techniques.	Yes	I wish we had more time this my favorite group.	I want to play more against other campuses	Strongly Agree	Strongly Agree	Thank you for the feedback and suggestions. I will talk with supervisors about possibly of getting a scoreboard. We are planning monthly sports collaborations with the other centers. We will go over time limit extensions to see if it can fit the calendar. Thanks again.
527	Campus Sports Activities	Cody	Good for my well being.	volleyball everyday	Play/improve in volleyball	Blank	Yes		two and a half hours of 2 hours every time group	Strongly Agree	Strongly Agree	
6028	Campus Sports Activities	Cody								Strongly Agree	Strongly Agree	
1279	Enlightenment	Cody	Some enlightenment	What I like about the group is a mystery.	Its the mystery of life	ancient thoughts from wise men	Yes			Strongly Agree	Strongly Agree	
5802	Breakfast Club	Cody	I learned how to communicate over the meal. The food.	More money; mullah at the restaurant	To have nutritional value	N/A	Yes		N/A	Neutral	Agree	
7232	Breakfast Club	Cody	Socializing and good facilitator	Nothing	Same	Same	Yes			Strongly Agree	Strongly Agree	
1174	West African Drumming	David	improved motor and memory skills	Nothing						Strongly Agree	Strongly Agree	
4114	West African Drumming	David	Learned a lot about the rhythms.	Nothing I didn't I didn't like about the group.	Breaks and how the rhythm starts and ends.	Nothing to discuss.	Yes			Strongly Agree	Strongly Agree	
6235	West African Drumming	David	Drum Rhythms, getting along with peers.							Strongly Agree	Strongly Agree	
5979	Walk & Talk	Diana	I like the video.	Too short and rain outside, more people.	More video's	Brain exercise.	Yes			Agree	Agree	
2626	Women's Group	Diana	None	None	More discussion to be needed/more people needed.	Any subject is ok	Yes		None	Agree	Agree	
6444	Morning Ice Breaker	Diana					Yes			Strongly Disagree	Strongly Disagree	Ice Breakers is a time to learn about the groups going on throughout the day, if you aren't interested in this group please feel free to join any of the many other groups we offer! We hope you find something you enjoy.
7375	Tai Chi	Diana	About Tai Chi. The meditation	Blank	yoga	blank	Yes			Strongly Agree	Agree	
	Beginning Computer	Diana	Understand how computer works	Nothing	Learn how to operate computer.	Beginning computer	Yes			Agree	Agree	
	Beginning Computer	Diana	Basic computer stuff.	Too small	Typing	How to create a resume	Yes			Agree	Agree	
7044	Brain Health	Diana	I learned new things	Exercises for the brain	Blank	Blank	Yes			Strongly Agree	Strongly Agree	
132	WRAP (Wellness Recovery Action Plan	Diana	Commitment is very important very informative		Have a better quality of life stay focused, achieve wellness.	Vitamins, acupressure/acupuncture.	Yes		I admire facilitators approach, and communication skills.	Agree	Agree	
6850	WRAP (Wellness Recovery Action Plan	Diana							Diana is a good fit for WRAP	Agree	Agree	
7320	WRAP (Wellness Recovery Action Plan	Diana	Medical Evaluation for Doctor	Nothing	Get balanced	Addiction	Yes		Excellence	Strongly Agree	Strongly Agree	
6286	Karaoke	Diana	Everybody thinks they can sing and according to my view, they all can.	I thought, I could sing.	One more microphone for harmonies.		Yes		Want more time.	Strongly Agree	Strongly Agree	Thank you for the feedback, I will bring your request to the leadership team for consideration to increase the time.

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	Karaoke	Diana	Letting loose with music	The room is small and too warm	Longer sessions		Yes		I had so much fun.	Strongly Agree	Strongly Agree	Thank you for the feedback, I will bring your request to the leadership team for consideration to increase the time. If you are feeling uncomfortable about the temperature of the room please let the facilitator know so we can get a fan or change rooms.
1279	Karaoke	Diana	Having fun.	Nothing	It's ok	It's ok	Yes			Strongly Agree	Strongly Agree	
6397	Eat Well, Live Well	Diana	I learned about healthier alternatives to substitute in my daily diet. I like how she gives us a visuals and includes everyone to participate.	N/A	How to eat well on a low budget	Execute goals and an execute schedule.	Yes		N/A	Strongly Agree	Strongly Agree	
6471	Eat Well, Live Well	Diana	I learned about healthier alternatives to substitute in my daily diet. I like how she gives us a visuals and includes everyone to participate.	N/A	How to eat well on a low budget.	Exercise goals and exercise schedule.	Yes		N/A	Strongly Agree	Strongly Agree	
6413	Eat Well, Live Well	Diana	I learned about healthy alternatives to substitute in my daily diet. I like how she gives us visuals and includes everyone to participate.	N/A	How to eat well on a low budget.	Execute goals and an execute schedule.	Yes		N/A	Strongly Agree	Strongly Agree	
6611	Eat Well, Live Well	Diana	All kinds of things.	Nothing	More of the same.	Super foods.	Yes		I miss April	Strongly Agree	Strongly Agree	
1174	Eat Well, Live Well	Diana	Remedies to eat better.		Here or see stories of people who cured their diseases with food not meds.	See #3	Yes			Agree	Agree	
6368	Eat Well, Live Well	Diana	Everything	Everything	Everything	Everything	Yes			Agree	Agree	
6204	DBSA	Diana	DBSA	N/A	DBSA	N/A	Yes		N/A	Strongly Agree	Strongly Agree	
7098	DBSA	Diana	Slow down and breath	I can not feel rushed to talk next time, I can breath deeply while explaining myself.	I'm spalling upwards.	Neurogenesis, neuroplasticity.	Yes		Thank you!	Agree	Agree	
7154	DBSA	Diana	That Delta Waves help you sleep. I like how informative the class was.	I liked everything.	I would like to learn how to overcome myself be her.	Social Anxiety	Yes			Strongly Agree	Strongly Agree	
	DBSA	Diana	That I need some development skills.		Skill management	Very serious subject.	Yes			Agree	Agree	
6368	DBSA	Diana	I learned about being open-minded I like the teacher.	Nothing	Learn more about addiction.	Addiction	Yes		Fabulous	Strongly Agree	Strongly Agree	
5654	Beginning Computer	Diana	Not much- When Eric is leading it I feel heard and I learn a lot more.	I didn't feel heard. Diana didn't seem to understand what I wanted to learn.	Learn about how to use computers better		Yes		Diana seems like a nice person, what she wanted to teach me was a few steps ahead of what level I'm on. but don't think she was teaching me what I struggle with.	Disagree	Agree	This concern has been addressed with this member by leads and staff. Thank you for the information.
529	DBSA	Diana	The printout article about setting boundaries. Very insightful. I could release the stress.	A little devotion from the topic was too much.	N/A	N/A	Yes			Strongly Agree	Strongly Agree	I will make sure the discussion doesn't deviate from the topic. Thank you for the feedback.
4459	DBSA	Diana	Boundary aware of my emotions.	Nothing	N/A	N/A	Yes			Strongly Agree	Strongly Agree	
1201	Walk & Talk	Diana	I like getting some steps in the morning and talking with friends I've made here.	Need to make more direct invitations to members to try the group. I will do that. Would help if others would too.			Yes		Being outside & moving helps me feel less depressed	Strongly Agree	Strongly Agree	
	DBSA	Diana	Talking about topic causing depression.	The group is good.	Depression	Open discussion	Yes		Good Teacher	Strongly Agree	Strongly Agree	
7320	DBSA	Diana	I learned more about depression and I would like to learn about disease of alcoholism.	Nothing	More about bi-polar disorder.	Depression.	Yes		Excellent	Strongly Agree	Strongly Agree	
6634	DBSA	Diana	About things to help you get over being depressed.		Some arbitration exercises to help with positive thinking to get over depression.	N/A	Yes			Strongly Agree	Strongly Agree	
7044	Karaoke	Diana	Que pudeo cantar	Todo me gusta	Mas cancrones/masteiempo	Baile O classes de bdlle	Yes		Me gustan mucho canta	Strongly Agree	Strongly Agree	
	Karaoke	Diana	Like the words displayed.		I came with friend. I cant sing anymore... voice cant carry tune.		Yes		Freedom of movement expressed-body language dancing.	Agree	Agree	
7098	Karaoke	Diana		Maybe we can have Karaoke in the big room sometimes	How to sing better	A short simple singing lesson before class			I like how it automatically suggest songs.	Agree	Agree	Due to the other groups' on- going session at the same time, moving to Living Room may not be feasible; however, we will consider with more input, and we will find a way to make it happen. Thank you for your patience and understanding.
4459	Karaoke	Diana	Want to sing more	Too Short	Good as it is.	N/A	Yes			Strongly Agree	Strongly Agree	Thank you for the feedback, I will bring your request to the leadership team for consideration to increase the time.
5986	Karaoke	Diana	Try to sing with rhythm but something kept interfering it's not cool	N/A	More hours	No Pick Pock It	Yes			Neutral	Neutral	Thank you for the feedback, I will bring your request to the leadership team for consideration to increase the time.
7372	Tai Chi	Diana	Learning breathing, and relaxing with Tail Chi and Qigong. The opportunity to earn a certificate but mostly, healthier.		Tai Chi Certification		Yes		Diana does a great job of explaining the movement and purpose.	Strongly Agree	Strongly Agree	
7144	Tai Chi	Diana	Tai Chi class skills. It's healthy and productive.	It doesn't go outside enough.	More exercise.	Everything is good.	Yes			Strongly Agree	Strongly Agree	
7264	Tai Chi	Diana	I want to have super powers	How to flow the move	Doing Tai Chi combos	Knowing how to cure health	No	It takes a good time.	I appreciate a lot.	Strongly Agree	Strongly Agree	Occasionally this group may start late due to deciding if the group will take place in room 107 or outside, due to weather.
7371	Brain Health	Diana	How to take care of the brain. The match stick game.	Group was good. I was satisfied on how it went.	Maybe some puzzles	Maybe self-care regarding the brain	Yes		It was a fun group	Strongly Disagree	Strongly Disagree	The final two ratings look to be a mistake given the rest of the evaluations.
7320	Brain Health	Diana	How to improve memory and my conscious contact with God of my understanding.	N/A	Awareness end addiction therapy	Addiction and recovery	Yes		Excellence	Strongly Agree	Strongly Agree	
7372	Brain Health	Diana	Match stich game	Frustrated me			Yes			Disagree	Agree	

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1922	WRAP (Wellness Recovery Action Plan	Diana	Tools: When there is a crisis	It is difficult to tell if I am making progress.	The WRAP Plus.	What to do if the crisis is past	Yes			Strongly Agree	Strongly Agree	We will keep you posted on WRAP progress during Ice-Breaker, in-person, and flyer. Your question about "When crisis is past, what to do..." It is a good time to work on your Post Crisis Plan.
7071	DBSA	Diana	How to set up boundaries	People talking and sharing more.	Get out of depression.	Interacting with other members.	Yes		Being Improved	Agree	Agree	Thank you very much for your survey. DBSA is a group where people are able to freely share, I will always encourage people to share.
7213	DBSA	Diana	Many examples of setting boundaries. Healthy Boundaries and easy ways to communicate them. Diana's knowledge and compassion.		More discussion of technique's that I might be able to use.	Procrastination to get moving.	Yes		Good Session	Strongly Agree	Strongly Agree	
7414	DBSA	Diana		N/A	Continue current path.	Bipolar and Marriage	Yes		Thank you!	Agree	Agree	
4568	DBSA	Diana	Balance and Boundaries		Personal shares and good feedback to each other.	Depression and Health	Yes			Agree	Neutral	We encourage you to join us, be a Co-facilitator for the group, by teaching we learn.
7133	DBSA	Diana	Boundaries	It was informative	Learn More	More Boundaries	Yes			Strongly Agree	Strongly Agree	
3717	Schizophrenia Alliance	Eric	They tell us all about the day	Nothing			Yes			Strongly Agree	Strongly Agree	
	Schizophrenia Alliance	Eric	We are going to have this as a workshop	N/A	N/A	N/A	Yes		I have fun looking for a group like this.	Strongly Agree	Strongly Agree	
5885	Schizophrenia Alliance	Eric		I do like this group	I would like to learn about some new coping skills, maybe a possible group to be added.		Yes			Strongly Agree	Strongly Agree	Thank you for your feedback. Please join us for our coping skills group on Mondays at 2:15pm and/or Saturdays at 9:45am.
6611	Schizophrenia Alliance	Eric	Stay calm helps	More topics	What foods help with voices	Different topics	Yes			Strongly Agree	Strongly Agree	
7416	Karaoke	Eric	Art/Paint	N/A	Drawing	N/A			N/A	Strongly Agree	Strongly Agree	
7105	Laughter Yoga	Eric	Music	Nothing	More music types	Nothing	Yes			Strongly Agree	Strongly Agree	
	Social Hour	Eric	How to sing	Nothing	Just watch and listen	Rock and Roll	Yes			Strongly Agree	Strongly Agree	
5677	Morning Ice Breaker	Eric	It is fun I like it a lot	N/A	N/A	N/A	Yes		None	Strongly Agree	Strongly Agree	
6444	Morning Ice Breaker	Eric	Attending Wellness Center on daily basis.	Meeting different people.	Ways to spend time.	Further Socialization.	Yes		Appreciate opportunity.	Agree	Strongly Agree	
7323	NAMI Connection	Eric	Better sleep methods, meditation practices. I love how understanding everyone is.	Not much. I think, overall, the experience also, depends on the attendance, which are almost always great.	Continuing to hear peoples experiences will always be interesting to me	Going over the same past topics would actually be good, maybe from a different perspective.	Yes		Eric is great, so are the other attendees	Strongly Agree	Strongly Agree	
7149	Schizophrenia Alliance	Eric	Balance/Reliant	I like to hear others on how they cope with stress	Learn about dealing with others and emotions.	Childhood traumas.	Yes		N/A	Agree	Strongly Agree	
7222	Topic of the Day	Eric	I learned about empathy resilience	I like everything	Be more attentive and caring put in input	Sponsors	Yes		I enjoy my self all the time	Strongly Agree	Strongly Agree	
2484	NAMI Connection	Eric	Survival Skills		Continue as we go	So far, so good	Yes		The oxen are slow, but the earth is patient	Agree	Strongly Agree	
529	Topic of the Day	Eric	Various Holidays	Could be more political issues.	News		Yes			Strongly Agree	Strongly Agree	
7320	Schizophrenia Alliance	Eric	Protective Factors of Psychosis	N/A	Recovery	Addiction	Yes		Excellence	Strongly Agree	Strongly Agree	
981	Schizophrenia Alliance	Eric	Ways of coping with anxiety.	I liked hearing different point of view. Each person called thinking of multiple ideas for coping.	Meditate	N/A	Yes			Agree	Agree	
2464	NAMI Connection	Eric	I like the information I learned that all the people that attended the Nami Group. We all can relate to each other. We all know somebody and know someone.	I like to talk about what we are learning from others and the teacher in the Nami Group is very smart who runs the group we like him a lot.	N/A	N/A	Yes			Agree	Neutral	
7154	Schizophrenia Alliance	Eric	I learned some protective factors for Schizophrenia. I like that the group is about the students.	Not much that I don't like about the group.	Schizophrenia.	The symptom's of schizophrenia.	Yes			Strongly Agree	Strongly Agree	
7419	Schizophrenia Alliance	Eric	Risk factors life stressors.	Everything	Everything good.	Everything is good.	Yes			Strongly Agree	Strongly Agree	
7133	Schizophrenia Alliance	Eric	Good coping skills.	Nothing	More coping skills.	Something	Yes			Strongly Agree	Strongly Agree	
6032	Bingo	Eric	I like that Eric makes it fun.	N/A	N/A	N/A	Yes		This is one of my favorite groups.	Strongly Agree	Strongly Agree	
1201	NAMI Connection	Eric	I like having a safe space to talk and listen to others about experiencing depression and other mental health issues.				Yes			Agree	Strongly Agree	
6032	Topic of the Day	Eric	I like how Eric ran the group	Nothing			Yes		Eric is very nice and does a great job	Strongly Agree	Strongly Agree	
5885	Topic of the Day	Eric	I like it when we talk about birthdays.	I like everything	N/A	I don't have any subject to be discussed.	Yes		N/A	Strongly Agree	Strongly Agree	
132	Topic of the Day	Eric	To listen to each person share. Looking for similarities.		Communication skills	Compassion, focus	Yes			Agree	Agree	
6950	Topic of the Day	Eric	Learn birthday of famous people. I listen to other people stages of the past.							Strongly Agree	Strongly Agree	
6779	NAMI Connection	Eric	I learn about building self esteem, healthy coping skills, holding onto our dreams	I like everything	Can't think of it now but will bring it up when I do		Yes			Strongly Agree	Strongly Agree	
7254	ASL-American Sign Language	Janice	I learned how to sign.		I want to improve my sign	Yes why not	Yes			Strongly Agree	Agree	
	ASL-American Sign Language	Janice	The alphabet in sign language	Things were put in a simple way	How to count and spell in sign language	N/A	Yes			Strongly Agree	Strongly Agree	
4114	ASL-American Sign Language	Janice	Learning basic American sign language. I like the class a lot.	There isn't anything I don't like about the class. Class can always be improved.	How to describe my hobbies. How to tell people who I am. Where do I come from. How old I am.	Discuss how to communicate with people.	Yes			Strongly Agree	Strongly Agree	
5529	ASL-American Sign Language	Janice	Excellent teacher and patient.	N/A	To communicate with others better.	I'm open	Yes		Looking forward to next lesson.	Strongly Agree	Strongly Agree	
1201	ASL-American Sign Language	Janice	Learning ASL alphabet and numbers. Also, days of the week and greetings. Also where to find a good teacher on YouTube.		I would like to keep coming to ASL to get better at it.		Yes			Strongly Agree	Strongly Agree	

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1201	Social Outing	Jim	I like going to the zoo and parks to walk outside and be with the group	Could we have a back up place to go when it's raining (when beach trips are planned) or too hot	Blank	Blank	Yes			Strongly Agree	Strongly Agree	Yes, great suggestion, we can go to an alternate site for the outing. I have many options available such as local art museums or trips to a mall etc....
7187	Social Outing	Jim			Go to Laguna Wyland Museum/Gallery		Yes		I would really like to go on more shopping outings- Malls	Strongly Agree	Strongly Agree	We recently improvised a trip to Costco and can schedule outings to the South Coast Plaza or the Spectrum. Even the main Place Mall. I will suggest a trip to Laguna Wyland Museum/Gallery. Thank you!
7098	Social Outing	Jim	I learned intricate details about several animals.	Blank	Picnic when its warmer.					Strongly Agree	Agree	
7423	Social Outing	Jim								Strongly Agree	Agree	
7232	Social Outing	Jim	I liked it	No	I learn enough. Keep the peacock away	N/A	Yes			Strongly Agree	Strongly Agree	
5979	Social Outing	Jim	To respect each other. The places we go.	Nothing	Go somewhere different. In the group.	Nothing	Yes		The facilitator was very respectful.	Strongly Agree	Strongly Agree	
5677	Social Outing	Jim	I like so Jim is good.	N/A	N/A	N/A	Yes		N/A	Strongly Agree	Strongly Agree	
7303	Social Outing	Jim	I learned going to places and going out. I love going on outings.	I didn't like anything wrong with the group.	Seeing places.	I don't know.	Yes		N/A	Strongly Agree	Strongly Agree	
1922	Volunteerism	Jim	I learned about a food bank, or food distributor.	Nothing	Each week learn	Some of the members talk	Yes			Strongly Agree	Strongly Agree	
6928	Social Hour	Joseph	Public opinion and social trends				Yes			Strongly Agree	Strongly Agree	
6032	Good Vibes Circle	Joseph	Nothing				Yes		Joseph is always nice and funny person.	Strongly Agree	Strongly Agree	
3292	Campus Sports Activities	Joseph	Joseph does a really good job facilitating volleyball. He makes sure everyone has a good time and is very even-handed.	I liked everything.	Continue to improve.	Spiking	Yes			Strongly Agree	Strongly Agree	
7187	Morning Ice Breaker	Joseph	I learn fun trivia all the time	I like ice breaker always	Blank	Blank	Yes			Strongly Agree	Strongly Agree	
7187	Social Time	Joseph	I like that Joseph makes laugh every time	N/A	Keep having family feud	More of the same	Yes		Have Joseph do social time more	Strongly Agree	Strongly Agree	
6611	Morning Ice Breaker	Joseph	Groups of the day	Everything ok	My daily routine	Super foods	Yes		Good job	Strongly Agree	Strongly Agree	
7147	Campus Sports Activities	Joseph	I've never been good at any sport until I got invited to volleyball one time, I kept going and now I love it. What I learned is you got to be bad at something before you become good at it.	None, I love this group. Every time I attend I like the interaction we need a score card to keep track of the score.	New techniques on hitting the ball	Tips on new techniques.	Yes	I wish we had more time this is my favorite group.	I want to play more against other campuses	Strongly Agree	Strongly Agree	I will discuss with my team, maybe we can do an extra 30 minutes on Friday like we used to before covid. I might also do some practice on bumps sets and spikes of volleyball. I'll see if we can get a score board of sorts! Good idea!
7147	Bowling	Joseph	How to become a better bowler, better and socialization skills.	None, I had fun bowling with Joseph and everyone, it's always fun and add more lanes.	I wish we had more time	Tips on getting better	Yes		Joseph is a great staff because of him my socialization skills has improved.	Strongly Agree	Strongly Agree	I will talk to my leads to see what we can do. A lot of members that come on the van with me have their access and rides pick them up at 4pm, however. I'll check out some videos on bowling skills I can learn to teach the members!
527	Bowling	Joseph	Has to bowling-Too Crowded	Too crowded more lanes please	To have fun	Tennis	Yes		Lots of members gave up because too crowded	Agree	Neutral	I will bring up this with the team leads again and see if we can afford more lanes.
1201	Bowling	Joseph	I get a little exercise by bowling	When there are a lot of members, could we get extra lanes so there are 4/5 members per lane.		Could we have dance class here? Slow Zumba?	Yes		Thanks for paying for bowling. It's expensive to go by myself.	Agree	Agree	I will bring up this with the team leads again and see if we can afford more lanes.
6204	Campus Sports Activities	Joseph	Volleyball	N/A	Volleyball	N/A	Yes		N/A	Strongly Agree	Strongly Agree	
1201	Campus Sports Activities	Joseph	I like to get people to play together we played bean bags.	Get more people involved.			Yes			Strongly Agree	Strongly Agree	
7370	Bowling	Joseph	Learn basic bowling really fun and well. The group behave excellent showing their talent in bowling.	The bowling was big and heavy. I hope, I would pick more lighter balls.	I like to learn basic bowling, as a class it intends to show me professional bowling.	N/A	Yes		I can be like bowling a lot. It a lot of fun.	Strongly Agree	Strongly Agree	
7369	Bowling	Joseph	Learn basic bowling. Really fun group, excellent facilitation.	Maybe we can do lunch there and bowl too.	Maybe learn how to score manually.	N/A	Yes		Joseph is a genuinely caring and motivating facilitator. This bowling group is very popular.	Strongly Agree	Strongly Agree	
7372	Bowling	Joseph	We need to socialize more while we're bowling.	It's a good mix of people we had fun.			Yes			Strongly Agree	Strongly Agree	This is a good idea. I'll see if I can bring up random fun topics for us to talk about while waiting our turn!
7396	Bowling	Joseph	I like the bowling		N/A	Benefits of bowling	Yes			Strongly Agree	Strongly Agree	
7154	Bowling	Joseph	I learned that I am actually more compatible than I realized. I like the activity.	Not much it's pretty good	Eat pizza	Social Anxiety	Yes			Strongly Agree	Strongly Agree	
7375	Game Time	Joseph	learning		N/A					Agree	Agree	
6204	Good Vibes Circle	Joseph	Good Vibes	N/A	N/A	N/A	Yes		N/A	Strongly Agree	Strongly Agree	
7372	Game Time	Joseph	Uno Flip-Fun Games-New Friends						Wonderful	Strongly Agree	Strongly Agree	
1201	Game Time	Joseph					No	The group ended a little late because the games were fun.		Strongly Agree		
7414	Community Meeting	Julia	The sources of funding for the Wellness Center & The Budget Allocation. The transparency.	N/A	N/A	Success stories from Wellness Center.	Yes			Agree	Neutral	
3091	Community Meeting	Julia	Events	Integration						Strongly Agree	Strongly Agree	
	Community Meeting	Julia	Food Banks	No Changes	How to work at the Center.	N/A	Yes		Thanks to all the teachers.	Agree	Strongly Agree	
4459	Community Meeting	Julia								Strongly Agree	Strongly Agree	
6702	Community Meeting	Julia	Community Activities		More game back	Safety	Yes			Agree	Agree	
7358	Community Meeting	Julia	Community activities. Center Funding.			Advocacy	Yes			Agree	Agree	
6637	Community Meeting	Julia	About other resources.	N/A	N/A	N/A	Yes		It would be good if some meeting days be shorten.	Agree	Neutral	Thank you for your feedback. We do shorten Community Meeting on days we have an event scheduled. Please let us know more - come to us to talk about your ideas. Thank you again!
7423	Community Meeting	Julia								Strongly Agree	Strongly Agree	
6614	Community Meeting	Julia	No	No	No	No	Yes			Strongly Agree	Strongly Agree	

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4006	Community Meeting	Julia	What going on in our wonderful wellness center central with events, staff, members.	Love our community meeting especially when we have guests from outside our center.	Learn more about members and staff.	Community Meeting	Yes		Love our community meetings would love to see famous people some day come to our center.	Strongly Agree	Strongly Agree	
5529	Community Meeting	Julia	The staff is nice and informative. Very patient.	That I was late. Me being on time even if it's raining.	Take better notes.	Social-benefits-for S.D.I. resources.	Yes			Strongly Agree	Strongly Agree	
1201	Community Meeting	Julia	Learned about the coming events at the WC. I like hearing about what's coming up. I also think doing the "ATTA Boys/Girls" is really great!				Yes		Thanks to Julia for working really hard on the schedule.	Strongly Agree	Strongly Agree	
7154	Community Meeting	Julia	I learned some patience and serenity during the presentation. I liked the presentation.	Not much I did not like.	I would like to stay informed.	I would like to be up to date on all the latest news.	Yes			Strongly Agree	Strongly Agree	
7308	Community Meeting	Julia	Everything		Transportation	Spanish	Yes			Strongly Disagree	Strongly Disagree	Thank you for your feedback. I wonder if you meant that you would attend again but circled that you would not?
2209	Community Meeting	Julia	about lunch time it's purpose	N/A	More about the Wellness Center	Patience	Yes			Neutral	Agree	
7202	Community Meeting	Julia	What activities are available.	Loved it all	Walking activities	Activities/incoming events	Yes			Strongly Agree	Strongly Agree	
1174	Community Meeting	Julia	Participation respect, patience.		I learned little tad bits of information in every class helpful.					Agree	Agree	
1279	Community Meeting	Julia	Some useful info relevant to me.	It should contain a better introduction. For example simple presentation of mental health not converted in group.	N/A		Yes		N/A	Neutral	Neutral	Thank you for your feedback. I would like to discuss your concern/ideas to improve community meeting, please see any of the leads. It may be possible to have a presentation devoted to the subject.
4592	Community Meeting	Julia	N/A	N/A	N/A	N/A				Strongly Disagree	Agree	Community Meeting may not be for everyone! There are many other groups to participate in, we hope you find another group you really enjoy. Thanks for the feedback.
5677	Community Meeting	Julia	I always like to be find out what is going to happen next month.	N/A	N/A	N/A	Yes			Strongly Agree	Strongly Agree	
5677	Community Meeting	Julia	Question all answers, in formative future projects.		They have a good selection of classes currently.	Related classes that might accelerate the current skills.	Yes		Very positive opportunities wit opportunities.	Agree	Agree	
7264	Community Meeting	Julia	Wellness Center Policy							Strongly Agree	Strongly Agree	
7428	Community Meeting	Julia	I learned that there are in any groups I liked listening to Julia.	There was a lot of downtime, It would be better if we had something to do.	Learn how to get a job and stay happy.	Anxiety and depression.	Yes		N/A	Agree	Agree	
2181	Community Meeting	Julia		Too long		N/A	Yes			Agree	Strongly Agree	Thank you for your feedback. We do shorten Community Meeting on days we have an event scheduled. Please let us know more - come to us to talk about your ideas. Thank you again!
7232	Community Meeting	Julia	I liked this.	I liked everything.	Nothing	Nothing	Yes			Strongly Agree	Strongly Agree	
1201	Community Meeting	Julia	I learned about groups and events offered here and events happening in the community.				Yes		It's better when we do check in with more than only a member	Strongly Agree	Strongly Agree	
7316	Community Meeting	Julia	We is going to change for the future	N/A	Talk what we could change up	any	Yes		N/A	Strongly Agree	Strongly Agree	
6204	Community Meeting	Julia	Community Meeting	N/A	Community Meeting	N/A	Yes			Strongly Agree	Strongly Agree	
7422	Community Meeting	Julia	Socialization	Socialization (it was necessary)	Build social confidence, reduce anxiety.	unknown	Yes		I understand that my failure to fill in the top renders my input invalid, but I don't find it too important today. It's only day one.	Neutral	Neutral	
6032	Community Meeting	Julia	I liked how it was fun and what was said.	Nothing			Yes		The staff does a great job	Strongly Agree	Strongly Agree	
5802	Community Meeting	Julia	About the W/C The Atta Boy: and Atta Girls	Nothing in particular	More about the members and classes	N/A	Yes		N/A	Neutral	Agree	
1201	Tea Time	Kyu	I like the ginger tea. I will like trying the grain tea with nuts next week. Learned it's good to drink ginger tea when you have a cold.				Yes		Thanks to Kyu for the snacks and serving tea.	Strongly Agree	Strongly Agree	Ginger tea is really good when you need to recover from the cold. I will try to get Grain tea with Nuts next tea shopping. Hopefully any better tea at the market. Thank you.
3292	Self Empowerment	Kyu	Kyu is very enthusiastic and positive. He does a very good job running self empowerment.	I liked everything	Continue to learn how to empower one-self.	More ways to improve yourself	Yes			Strongly Agree	Strongly Agree	We will work together for our recovery. That is the purpose of our group discussion. I strongly encourage you to join our discussion groups. Thank you.
1201	Self Empowerment	Kyu	I'm learning how to tolerate how other members express themselves in group. I like being reminded I can control something's myself.		I don't know yet.		Yes			Strongly Agree	Strongly Agree	Very important to recognize what you can control and what you cannot by your self awareness. Very glad to know how you control your own emotions from our group discussion. Thank you.
328	Self Empowerment	Kyu	What self empowerment is and what it's all about. The facilitator.	Nothing	More about self empowerment	Self-Empowerment	Yes			Strongly Agree	Strongly Agree	Self empowerment is the life long process to be stronger and more confident in controlling your life. We have to continue to put our efforts every day and every moment. We can support one another by joining and sharing at any Group discussion Wellness Center Central provides. Thank you for your feedback.
7133	Self Empowerment	Kyu	Self Empowerment	Nothing	More self empowerment	Positivity	Yes			Strongly Agree	Strongly Agree	We should have positivity in our life since no one has two or more lives. We have only one life so no time to be negative. What do you think ? Thank you so much for your feedback.
6032	Self Empowerment	Kyu	I liked how Kyu talked about how to be empowered	There's noting I didn't like.			Yes		Kyu always does a great job	Strongly Agree	Strongly Agree	Member's feedback is always important because it plays a key role to improve our groups and Wellness Center Central. We always appreciate your feedback. Thank you.

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7414	Self Empowerment	Kyu	The 4 elements of self empowerment. Learning about a new to me concept.	The disruptions of people going in and out.	How to apply elements of self empowerment to every day living.	Self empowerment success stories.	Yes		Kyu's energy an enthusiasm made the group fun.	Agree	Agree	4 elements of Self Empowerment is Social, Physical, Emotional and Spiritual. Sometimes members come in and out while we are doing the group and some member trying to dominate the discussion. We can understand Members coming in and out because some members can be triggered. So based upon self empowerment concept, Member can leave the group at any time when not comfortable, but domination should be controlled by the facilitator. I will put more attention on that. Thank you.
6193	Self Empowerment	Kyu	Reinforcing what I already know, so it feels I am going in the correct way, connecting with people.				Yes			Agree	Agree	Group participation is one of the best way to socialize, connecting with People. An action is a foundational key to every success. So, please do some action by continuing to join the group discussion which is the first step to get your socialization. Social time/Hour at Wellness Center central is not the only group to socialize in. All group participation is Socialization. Thank you.
7372	Self Empowerment	Kyu	What empowerment is.				Yes	Mindfulness		Agree	Agree	Thanks for providing us a feedback. Wellness Center Central is a Member-driven program. So, to provide your feedback helps us improve our program toward the right direction members are looking for.
	Self Empowerment	Kyu								Agree	Strongly Agree	Empowerment is the authority or power given to you to do something. Importantly Self-Empowerment is the authority or Power given to you to do something by YOURSELF. Please keep in mind the concept. Thanks.
132	Choir-Come Sing with Us	Kyu	It's great fun	I was physically harassed by a stranger-He put his hand on me inflicting pain. He apologized. I forgave him.			Yes			Neutral	Neutral	I am so sorry to hear that. Choir is a real fun group to control your emotion and your mind by singing together. It should be. I was not aware that this happened, I am so sorry to hear about this. In the future if something like this happens, please notify the facilitator immediately. Please let us know if you need additional support.
3432	Smoothies	Kyu	Being empowered setting goals.	I like everything	Self-Empowerment	Self-Empowerment	Yes		Kyu does a good job teaching this group.	Strongly Agree	Strongly Agree	When you set up a goal, please remember your goal should be achievable and measurable. No need to be in a hurry from the first stage when you set up a goal. Just take a baby step first. Small goal to be achievable. Thank you!
6204	Tea Time	Kyu	Tea time	N/A	Tea time is delicious.	N/A	Yes		N/A	Strongly Agree	Strongly Agree	I always look for the better teas or new tasty ones. I will continue to do that. Thank you.
6581	Tea Time	Kyu	Make different teas.	Everyone's friendly.			Yes			Strongly Agree	Strongly Agree	More variety of the Teas will be served. Always looking to find new products for tea time. Thank you. Every one is friendly because your are in Wellness Center Central which provides a safe and nurturing and friendly environment.
328	Tea Time	Kyu	There are many teas I have never had I like a lot. Kyu is a great facilitator lot's of fun.	N/A	Where to buy these fabulous teas	All about tea it's history	Yes		N/A	Strongly Agree	Strongly Agree	I can give you the market address for finding the same teas you are enjoying at Tea Time Group. Please come and ask me. Thank you. We can continue to talk about the history of Tea. Thanks for reminding me.
2270	Tea Time	Kyu	There are many type of teas, Kyu is awesome	N/A	More culture behind teas	History of the different teas	Yes			Strongly Agree	Strongly Agree	I will search more about the culture and the history of the teas. Thanks for your great feedback for the group.
2209	Tea Time	Kyu	It's very friendly	Nothing	Keep learning for socializing	Love	Yes		Kyu is very likeable guy.	Strongly Agree	Strongly Agree	You are a very likeable person as well. Thank you.
6032	Tea Time	Kyu	I like the different types of tea. The treats are good too.	N/A	The heritage	N/A	Yes		Kyu is so nice and friendly	Strongly Agree	Strongly Agree	Always trying to Find out delicious treats to match our variety of teas. You are so nice and friendly as well. Thank you.
1922	Self Empowerment	Kyu	It went by fast.	The Zoom volume.	Of the people in attendance.	He mostly spoke.	Yes	Yes	Thanks	Strongly Agree	Strongly Agree	Thank you for your valuable comment. I will equally share the time with each of the members in attendance. That is what the facilitator should do and focus on. Your comment made me re-realized such an important point. Thank for your comment. Please continue to share what you have in your mind at the Group discussion without hesitation whenever you have your turn. It will help you overcome the social anxiety a lot. Thanks again.
	Open Art Class	Nettie	I like having space to do my art projects.	Not enough project supplies. Get more objects to make.	Painting techniques		Yes		Peaceful outlet space	Strongly Agree	Strongly Agree	
7377	Open Art Class	Nettie	How to make my Art better. Everything about art.		I'm an artist by nature. I don't need to learn anything.	Nothing	Yes			Agree	Strongly Agree	

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7157	Watercolors	Nettie	That I am a better artist then I thought I was open minded, accepting, and encouraging.	Lack of guidance. I would like teachers to come to teach us techniques to support our improvement of artistic skills.	Water colors techniques, acrylic techniques.	How to enhance our artistic skills.	Yes			Strongly Agree	Strongly Agree	Your comments are greatly appreciated; Definitely we will do our best to improve, My supervisor got notified about your comment/suggestion and of course I will do my best to help you out with your art project at any time. Thanks
7044	Grupo de Apoyo	Nettie	Como comunicarme con otros educad	Megusta adalar	bailar				Seguir asistiendo al grupo y aprendiendo	Strongly Agree	Strongly Agree	
7044	Grupo de Apoyo	Nettie	Las interesantes topics	La tiempo. Quiero mas tiempo	Inteligencia emocional	Mas veglas de etquetta	Yes		Buena inclusiva facilitadora	Strongly Agree	Strongly Agree	
1279	Grupo de Apoyo	Nettie	manners	Nada	As much as possible		Yes			Strongly Agree	Strongly Agree	
	Glass Arts/Mosaics	Nettie	We enjoyed adding gems to our projects	Blank	How to make frames for artwork	blank	Yes	unfortunately we need more time.	So relaxing	Agree	Agree	Your comment is greatly appreciated; Definitely we will do our best to improve, My supervisor got notified about your comment/suggestion and of course I will do my best to help you out with your art project at any time. Thanks
7311	Glass Arts/Mosaics	Nettie	Lots of glue pictures put on backing	Get more wood, plastic to paint on etch.	More etching glass	Talk about color wheel	Yes		Interesting class work show others - Show and tell	Strongly Agree	Strongly Agree	
	Social Hour	Nettie	How to sing-Music	Nothing	People love to sing	Music	Yes			Strongly Agree	Strongly Agree	
	Karaoke	Nettie	Sang confidence in front of people.				Yes			Strongly Agree	Strongly Agree	
7101	Watercolors	Nettie	Coloring	Excellent	Painting	Don't know	No			Strongly Agree	Strongly Agree	Definitely I will work in my power to keep it on time. Thanks
5986	Watercolors	Nettie	Learn how different way draw	More improvement	More art teacher new techniques.	Don't know	Yes		N/A	Agree	Agree	
7414	Watercolors	Nettie	How to slow down. The jazz music and the abilities to create around others.	N/A	Would like to learn some skills w/water colors	N/A	Yes			Agree	Agree	
6032	Watercolors	Nettie	I like the painting group. It's relaxing.	There's nothing I didn't like.	I would like to learn to do some to do some professional painting.		Yes		This is on of my favorite groups. I started painting from this group for the first time back in 2017.	Strongly Agree	Strongly Agree	
	Glass Arts/Mosaics	Nettie	Everything totally awesome and highly educational therapeutic	Nothing	Creating fantastic art	Everything positive	Yes		None at this time how ever I will discover more art each and every time.	Strongly Agree	Strongly Agree	
7417	Glass Arts/Mosaics	Nettie	I learned how to use tools for glass/mosaics.	I can see a trend begin where people will attract more to the subject.	Solder		Yes		N/A	Strongly Agree	Strongly Agree	
17411	Glass Arts/Mosaics	Nettie	How to cut and grind glass		More glass art projects		Yes		Was fun to learn something new today	Strongly Agree	Strongly Agree	
	Art Workshop	Nettie	How to follow tutorial. People are encouraging and considerate	blank	I person, step by step watercolor taught with a teacher in person.	blank	Yes			Strongly Agree	Strongly Agree	Your comment is greatly appreciated; Definitely we will do our best to improve, My supervisor got notified about your comment/suggestion and of course I will do my best to help you out with your art project at any time.
5654	Glass Arts/Mosaics	Nettie	The teachers are very nice.	There could be more supplies			Yes		Please continue this class	Agree	Strongly Agree	
7370	Glass Arts/Mosaics	Nettie	Mosaics groovy and wild	The glue but the design was ok	More beautiful nice pieces	Discuss designs pieces	Yes		I like the class everybody were was passionate to each other. Rose was creative.	Strongly Agree	Strongly Agree	
7369	Glass Arts/Mosaics	Nettie	Mosaics art work; Nice opportunity to be teachable.	Maybe we can see more well done examples	Make beautiful mosaics art.	How to use different mosaics materials	Yes		Nettie and Rose are so helpful and patient.	Strongly Agree	Strongly Agree	
7311	Art Workshop	Nettie	I need further instructions. Really great art on TV	Everybody seems to enjoy	I am learning pastels blending	How to blend impressionist colors	Yes		Beautiful class as impressionist watercolor is really difficult	Strongly Agree	Strongly Agree	
	Jewelry Design	Nettie	Colors	N/A								
5413	Art Workshop	Nettie	Some impressionist style today	Tutorials are fun to learn	More lessons and tutorials- Guest artist would be good	blank	Yes		This is a great escape from harsh realities	Strongly Agree	Strongly Agree	
1279	Art Workshop	Nettie	About watercolors	Letter tutorials	How to make art	Color mixing A-Z	Yes			Strongly Agree	Strongly Agree	
7044	Glass Arts/Mosaics	Nettie	How to decorate a window	N/A	How to make a butterfly	Don't know	Yes			Strongly Agree	Strongly Agree	
7311	Poetry	Nettie	Daisy poem was 10 syllables to a line	They cooperate well with others so we say our poems.	Have hearing and attached to computer.	Rhymes in poetry	Yes			Strongly Agree	Strongly Agree	
	Open Art Class	Nettie	How to better trace my thoughts. I liked how it was very helpful.	I didn't like the silence. I think there can be more group interaction.	How to draw with more likeness	How we developed music in forms and different styles	Yes		none	Agree	Agree	
7044	Jewelry Design	Nettie	Make bracelets	Natural stones	Rings and earrings	not sure	Yes			Strongly Agree	Strongly Agree	
7044	Art Workshop	Nettie	Finish art projects	Everything was good. I like all the colors available	How to make rag dolls.	I would like to learn how to make rag dolls	Yes		I would like to make rag dolls	Strongly Agree	Strongly Agree	
7044	Mindfulness	Nettie	Be in touch with myself	I like everything	More yoga	Not sure	Yes		I liked it	Strongly Agree	Strongly Agree	
7044	Social Time	Nettie	Being around people	Too noisy	Play Loteria	Travel to other countries like Mexico	Yes		When can we go on vacation?	Strongly Agree	Agree	
6611	Mindfulness	Nettie	How to stay calm.	No room to many people.	More of the same.	How to stay in the moment.	Yes		Nettie The Greatest.	Strongly Agree	Strongly Agree	
3422	Mindfulness	Nettie	Relax	Fine	N/A	Liked it.	Yes		My first time and I felt completed and relaxed.	Strongly Agree	Strongly Agree	
7213	Mindfulness	Nettie	Calming my anxiety.	Liked everything.	She does good guided meditation.	Understanding.	Yes		She managed comprehension.	Strongly Agree	Strongly Agree	
7369	Watercolors	Nettie	Basic coloring techniques very relaxing, facilitators are helpful.	Maybe more watercolors kits.	Improve water coloring	Maybe we do simple water-cooling exercise together.	Yes		N/A	Strongly Agree	Strongly Agree	
328	Watercolors	Nettie	I've observed others water painting looks like a lot of fun. I think that I will try it. the facilitator is very nice.	Nothing	Professional Water Painting	See above	Yes		N/A	Strongly Agree	Strongly Agree	
7370	Watercolors	Nettie	I learned to become socialize and talkative by attending the group. I thank the group and everybody are well.		I would like to learn to do water color. In color beautiful canvases portraits using my imagination.	American History.	Yes			Strongly Agree	Strongly Agree	
529	Karaoke	Nettie	Song lyrics confidence in front of people, calming people in	N/A	N/A	N/A	Yes			Strongly Agree	Strongly Agree	
7416	Jewelry Design	Nettie	Make a bead and jewelry.	N/A	N/A	N/A	Yes		N/A	Strongly Agree	Strongly Agree	
6928	Jewelry Design	Nettie		A lot of the earring hooks have a bit of rusty dull kind of stuff on them.	I think next time or maybe after words I want to learn keychains.		Yes			Strongly Agree	Strongly Agree	
7421	Jewelry Design	Nettie	Leaning to innovate magic	Beading with strings. Practice.	To connect beads in order.	Everything	Yes		Awesome Class	Strongly Agree	Strongly Agree	
6032	Jewelry Design	Nettie	I like that it's fun and relaxing and I can make different styles of bracelets and necklaces.	Nothing			Yes		Nettie is always nice and helpful	Strongly Agree	Strongly Agree	
6581	Jewelry Design	Nettie	How to match beads				Yes			Agree	Strongly Agree	

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5986	Jewelry Design	Nettie	N/A	N/A	N/A		Yes			Neutral	Neutral	
1201	Jewelry Design	Nettie	Patience. Patterns. Use the materials available to make something even if what I was looking for wasn't there.	When Wendy leads the group. I'm not allowed to take my unfinished work with me to bring back. I only try to finish one project each class but sometimes I need more than one class to finish. When Wendy leads I have to put all the beads back.			Yes		Could we get more gold colored beads, please? I like the music.	Strongly Agree	Strongly Agree	Your comments are greatly appreciated; Definitely we will do our best to improve. My supervisor got notified about your comment/suggestion and of course I will do my best to help you out with your art project at any time. We were able to purchase gold beads. Thank you
6368	Watercolors	Nettie		Everything	Everything	Everything	Yes			Agree	Agree	
6032	Morning Ice Breaker	Nettie	I like that there are more members coming in the morning.	N/A	N/A	N/A	Yes			Strongly Agree	Strongly Agree	
	Watercolors	Nettie		People talk loud and constant		Be quiet so others can concentrate	Yes			Disagree	Neutral	Your comment is greatly appreciated; totally agreed with you when we are in the processes of creating a piece of art we need comfortable and peaceful area to work on it. Definitely we will do our best to improve, so could be a pleasant experience and place for you. My supervisor got notified about your comment/suggestion and of course I will do my best to help you out.
2042	Open Art Class	Nettie	To let people express, and to lesson	Being senesced.	Respect	N/A	Yes			Neutral	Agree	
7202	Mindfulness	Nettie								Strongly Agree	Strongly Agree	
6906	Arts and Crafts	Nettie	Patience, it was quiet	Better Art supplies (pens)	How to do more arts and crafts	Arts	Yes		Thank you	Strongly Agree	Strongly Agree	
7422	Art Workshop	Nettie	Art skills and reinforced knowledge of sharing. Variety of mediums which to draw.	Nothing. All good so far.	Further Art techniques.	None so far	Yes		N/A	Strongly Agree	Strongly Agree	
6660	Art Workshop	Nettie	Yes color	Nothing	Painting	Nothing	Yes			Strongly Agree	Strongly Agree	
6614	Art Workshop	Nettie	No	Nothing	Nothing	Nothing	Yes			Strongly Agree	Strongly Agree	
7417	Journaling	Nettie	I had a nice talk and got to write a letter to my body.	The group was fine just wish more people attended.	New journaling strategies.	Nothing	Yes			Strongly Agree	Strongly Agree	
7154	Open Discussion	Nu	I learned about some fun activities to do. I liked the activities we talked about in group.	I was a good group.	Talk about social stuff more.	Social Anxiety group	Yes		none that I can think of	Strongly Agree	Strongly Agree	
7426	Looking Good, Feeling Good	Nu	How to sleep better at night. A lot of participation	I liked everything. Nothing needs to be improvement.	car design	Car design	Yes			Strongly Agree	Strongly Agree	
4945	Mindful Meditation	Nu	Relaxing	?	Acupressure	Positive thinking	Yes			Agree	Agree	
7371	Mindful Meditation	Nu	Positive thinking about life social skills, friendship, peace, how to gain confidence.	The room was too cold.	How to meditate.	Meditation.	Yes			Strongly Agree	Strongly Agree	Sorry the room was cold. Next time, please let the facilitator know so that we can alert the operations manager.
7320	Open Discussion	Nu	Texting etiquette. I like the enthusiasm.	Nothing	More about Alcohol.	Discovery	Yes		Excellent	Strongly Agree	Strongly Agree	
7154	Open Discussion	Nu	I learned that we should mirror text in a relationship. I like that we talked in an open discussion.	Not much I don't like	Talk in an open discussion	Social Anxiety	Yes			Strongly Agree	Strongly Agree	
3070	Balance and Boundaries	Nu	I like learning all of the relationships that you have and how to set boundaries within them.	N/A it's good as it is.	?	Boundaries in romantic relationships.	Yes			Strongly Agree	Strongly Agree	
1201	Balance and Boundaries	Nu	Make a good relationship with your doctor by being prepared when coming to the appt & following instructions.	N/A	Emphasis on keeping commitments.		Yes		Thanks to Nu for a good topic I needed to listen to learn about. Can we start a basketball group? I would co-facilitate.	Strongly Agree	Strongly Agree	
7213	Balance and Boundaries	Nu	It seems to be mostly about finding a keeping friends. Part of it was about how to be a good patient. Those things are very useful.	N/A	N/A	How to get along with Co-Workers	Yes			Strongly Agree	Strongly Agree	
7154	Balance and Boundaries	Nu	I learned about going to the doctors and that I should write down my questions before hand.	Not much I don't like about the group.	How to have a good relationship with my doctor.	Social Anxiety	Yes			Strongly Agree	Strongly Agree	
328	Balance and Boundaries	Nu	How to draw my boundaries. The various topics discussed.	Sometimes the same subject is discussed over and over. New topics every week.	Various topics interest me. So I'd like to see more topics related to balance and boundaries.	Balance and Boundaries	Yes		N/A	Agree	Agree	Balance and Boundaries is about how to build good relationships with others. We've been discussing various subjects. Topics change often, if you have a suggestion about what you would like to hear about please let me know. Thank you for the feedback.
6032	Balance and Boundaries	Nu	I learned to be prepared when you're a patient at your doctors office.	Nothing	Not sure at this time.	N/A	Yes		Nu is a kind person.	Strongly Agree	Strongly Agree	
6204	Balance and Boundaries	Nu	Balance and Boundaries	N/A	Balance and Boundaries is to learn things.	N/A	Yes		N/A	Strongly Agree	Strongly Agree	
7414	Positive Thinking	Nu	I come in late so I missed 1/2 of the class	The focus on the negative without sharing a solution to think positive.	Situation based positive thinking i.e. dinner with/family	See #3	Yes		It was refreshing when Nu shared examples about herself	Neutral	Neutral	
6779	Positive Thinking	Nu	How to think positively, coping skills, relating to others	I like everything	How to reframe negative thoughts		Yes		Nu is the best!!!	Strongly Agree	Strongly Agree	
3091	Coping Skills	Robert	Time to inspire				Yes			Strongly Agree	Strongly Agree	
4006	Coping Skills	Robert		Always fun and interesting all what ran be improved is member start co-facilitator	Robert has it covered	Robert got class covered	Yes		Robert is always organized has topics ready for members makes things fun.	Strongly Agree	Strongly Agree	
7133	Coping Skills	Robert	Coping Skills	Nothing	More Coping Skills	Different Coping Skills Strategies	Yes			Strongly Agree	Strongly Agree	
6611	Coping Skills	Robert	Good Group	Good Group	Good Group	Good Group	Yes		Good Group	Strongly Agree	Strongly Agree	
3432	Anger Management	Robert	Ways of handling your anger.	I liked everything	Learn more ways to deal with anger.	Different types of anger.	Yes		The person who leads it does a good job	Strongly Agree	Strongly Agree	
6766	Anger Management	Robert	Ways to deal with anger	N/A	Learn more coping	Different types of anger	Yes		None	Strongly Agree	Strongly Agree	

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3292	Anger Management	Robert	Robert does a very good job running anger management. He listens to everyone and really tries to help them.	I liked everything.	Continue to learn more ways of dealing with anger.	More techniques regarding anger management.	Yes			Strongly Agree	Strongly Agree	
7370	Bingo	Robert	I learned that the group like Bingo because it so wild and fun.	N/A	N/A	N/A	Yes		I play good bingo and need mentor.	Strongly Agree	Strongly Agree	
7369	Bingo	Robert	Just have fun playing Bingo, easy going atmosphere.	Maybe some music	N/A	N/A	Yes		This is a popular group. Really enjoyable.	Strongly Agree	Strongly Agree	O.K. I can accommodate that.
6032	Anger Management	Robert	I learned ways to cope with anger.	There isn't anything I didn't like			Yes		Robert does a great job	Strongly Agree	Strongly Agree	
328	Anger Management	Robert	What anger mgt is and ways to control it. Everything	Sometimes there are too many persons in the room, crowd control or zoom in another room.	Manage my anger	Anger management	Yes		No	Strongly Agree	Strongly Agree	If there is too many people in the group we can bring it into the Livingroom
	Anger Management	Robert								Strongly Agree	Strongly Agree	
6032	Dual Recovery Anonymous	Robert	I liked what Robert's topic was on having a dual diagnosis	Nothing	Nothing else at this time	nothing else at this time	Yes		Robert is a great facilitator and man	Strongly Agree	Strongly Agree	
7414	Anger Management	Robert	What Anger is clinically. Learning through other peoples stories.	N/A	N/A	N/A	Yes		Thanks to everyone for sharing their personal stories.	Agree	Agree	
6193	Anger Management	Robert	Stacking mood and not deal with anger owning my anger.				Yes			Agree	Agree	
6980	Dual Recovery Anonymous	Robert								Agree	Agree	
2184	Dual Recovery Anonymous	Robert	To get sober and coping	I get a feedback	I want to learn more about positive thinking	Anything	Yes			Strongly Agree	Strongly Agree	
6028	Dual Recovery Anonymous	Robert	No comment	No comment	No comment	No comment				Strongly Disagree	Neutral	Thank you for letting me know, I hope you can find a group you enjoy!
6204	Dual Recovery Anonymous	Robert	Dual recovery anonymous	N/A	Dual recovery anonymous	N/A	Yes		N/A	Strongly Agree	Strongly Agree	
7110	Dual Recovery Anonymous	Robert	Learn about addictions	No comment	Already learning but especially with frustration	Maybe about disabilities	Yes		None	Agree	Agree	
7417	Coping Skills	Robert	I learned to pace myself, not forget to have fun and remember I'm surrounded by helping hands.	One overpower the group.	Learn new ways to cope over new problems	A personal story that related to a rising recently.	Yes			Neutral	Agree	
6032	Coping Skills	Robert	I liked how the group their thoughts	Nothing	Not sure at this time.	Same as #3	Yes		Robert is a great facilitator.	Strongly Agree	Strongly Agree	
7213	Coping Skills	Robert	This time I didn't learn much except this one thing at a time. which is something.		Actual Skills	Dealing with procrastination.	Yes			Agree	Agree	
4459	Coping Skills	Robert							Great	Strongly Agree	Strongly Agree	
7372	Coping Skills	Robert	People are breaking out of their mental prisons when they come to the wellness center and finding their true potential.		Just contribute by inputting and listening.				Very nice, people fill safe and heard	Agree	Agree	
7414	Coping Skills	Robert	About reframing hardships to remove yourself from the victim seat. The positivity.	N/A	Continue current path.	Additional coping skills.	Yes		N/A	Agree	Agree	
7133	Coping Skills	Robert	Coping Skills	it was great	Good behavior traits.	Same stuff	Yes			Strongly Agree	Strongly Agree	
7110	Coping Skills	Robert	I like it.	Open	More Learn	Open	Yes			Agree	Agree	
	Healing through Art	Rose	I learned there is some positivity inside me hidden by depression.		I would like to heal from some of my trauma	PTSP	Yes		I would like a pressed flower art group	Strongly Agree	Strongly Agree	I have used some plants in class to express color and art. I might be able to press flowers to use. It might be better to do a craft type class in pressing flowers. This can be suggested. Thank you for the feedback.
529	Healing through Art	Rose	Art expression within interacting specification	Could be longer			Yes			Strongly Agree	Strongly Agree	The original workshop is structured to be a 2 hour class. I have re-structured this into 3-30 min segments to accommodate our members being able to come in later or leave early.
6928	Healing through Art	Rose	We used paint and color to express our emotions				Yes			Agree	Neutral	
7110	Healing through Art	Rose	Something new to learn and I like it.	I enjoyed it	I like paint color and more		Yes		Great class	Strongly Agree	Strongly Agree	
6637	Healing through Art	Rose	Self expression with painting	N/A	Fine the way it is	N/A	Yes			Strongly Agree	Strongly Agree	
7416	Healing through Art	Rose	How to feel at life	N/A	N/A	N/A	Yes			Strongly Agree	Strongly Agree	
	Healing through Art	Rose	How to be happy		Art	Art				Strongly Agree	Strongly Agree	Interesting that this member found the class a way to be happy. We always try to end the exercise with HOPE!
	Yoga	Rose	I like that I'm able to do it at my own pace and ability. I liked the mindfulness card.		Learn to more body. Have done yoga a few times before, I like it.	PTSD	Yes		The instructor was very friendly.	Strongly Agree	Agree	I could discuss more of the way yoga helps the body in future classes.
7372	Healing through Art	Rose	I'm more creative with cool music		More painting and drawing		Yes		Awesome	Strongly Agree	Strongly Agree	In the future we could structure a drawing class for members. That would not be Healing with Art but a tool for developing creative skills.
7419	Al-Anon	Rose	12 Step /Al-Anon and about my resentments	I liked the group	More AA addictions	AA	Yes			Strongly Agree	Strongly Agree	Al-Anon is not structured to really deal with personal addictions.
	Al-Anon	Rose	AA	Nothing	AA	AA	Yes			Strongly Agree	Strongly Agree	
6611	Al-Anon	Rose	Different then AA, but still like AA	it was good.	More about Alcohol.	Alcohol and Drugs	Yes		Rose is a good facilitator.	Strongly Agree	Strongly Agree	
6611	Al-Anon	Rose	Rose is cool	Everything was good.	More of the same thing	Alcohol	Yes		Good work Rose	Agree	Agree	
7372	Healing through Art	Rose	Expressing emotions through painting like oil art.		Continue to do art while processing emotions.		Yes		I loved the music and the instruction guidance.	Strongly Agree	Strongly Agree	
7414	Healing through Art	Rose	About the possibilities of life through living things. The thoughtful questions.	N/A Enjoyed it	Continue what is being	Serenity	Yes		It would be nice to have the group not conflict with other times.	Agree	Agree	It's been hard for members to decide if they want to join the cooking class or attend Healing with Art. Some would prefer a time that would not conflict, I will discuss this with the lead team to see if it can be accommodated.
6581	Bingo	Shig	Too much gossiping				Yes			Agree	Agree	Hello, thank you so much for your feedback. We'll be sure to focus on the game and reduce off topic conversations.

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1201	Bingo	Shig	Learning to overcome claustrophobia & anxiety. I like to play the game and try to win prizes.	It's too loud when people shout.					Thanks for the candy and prizes.	Neutral		Hi, we'll be sure to address the social agreement before we start the group and I will also point out that we should not elevate our voice volume.
1797	Bingo	Shig	Have fun	Win prize	Learn to play with all numbers	Keep going	Yes		Best	Strongly Agree	Strongly Agree	
6204	Bingo	Shig	Bingo	N/A	Bingo have fun	N/A	Yes		N/A	Strongly Agree	Strongly Agree	
3070	Bingo	Shig	I like being with all of the friend's I've made playing.	N/A	N/A	N/A	Yes			Strongly Agree	Strongly Agree	
3292	Bingo	Shig	Shig does a very good job running bingo. He makes sure everyone has a good time.	I liked everything.	N/A	N/A	Yes			Strongly Agree	Strongly Agree	
328	Bingo	Shig	How to lose, gracefully. The fun. The camaraderie. The facilitator.	Too much chit -chat. More quietness.	I've learned all I need to.	Bingo strategies.	Yes			Strongly Agree	Strongly Agree	Hi, we will eliminate the chit-chat and be sure to focus on the game. This will result in more quietness.
7411	Bingo	Shig	Just having fun playing the group games.				Yes			Strongly Agree	Strongly Agree	
7044	Open Discussion	Shig	To listen	People talked too much	Nothing	Learn to travel	Yes			Strongly Agree	Strongly Agree	
7222	Bingo	Shig	Everything is good	Everything is good.	Patience	Gardening	Yes		Everything is good.	Strongly Agree	Strongly Agree	
1201	Topic of the Day	Shig	I like getting some highlights of what's in the news, but not having to look at negative stuff.						Thanks to Shig & Eric for leading the group.	Agree	Strongly Agree	
132	Topic of the Day	Shig	To learn about Neo-Holiday New Year starting in March in some Countries.	Everything was great, but I came late so I missed the first half.	More about Social Studies, Geography.	More of the same in more depth.	Yes			Agree	Agree	
1201	Jewelry Design	Wendy	Concentrate on finishing a project. Working on overcoming social anxiety and being less stressed sitting next to people in a small space.				Yes		Could we get more multi-colored, glass-like beads, please? Round and Small.	Agree	Strongly Agree	
7101	Jewelry Design	Wendy	Making jewelry positive environment	It was fun	Nothing	I don't know	Yes		No	Strongly Agree	Strongly Agree	
7110	Jewelry Design	Wendy	I learn a lot. I love it.	Open	open	More	Yes			Strongly Agree	Strongly Agree	
6614	Jewelry Design	Wendy	Peacefulness of class.			Nothing	Yes			Strongly Agree	Strongly Agree	
2791	Jewelry Design	Wendy	How to make jewelry. Comraderies and finished project.	N/A	N/A	Nothing	Yes			Agree	Strongly Agree	
6660	Jewelry Design	Wendy	Jewelry making	N/A	N/A	N/A	Yes			Strongly Agree	Strongly Agree	
7416	Jewelry Design	Wendy	to make bracelet. Talking to new friends.	N/A	Learn to make earrings and rings.	How to grow vegetables	Yes		N/A	Strongly Agree	Strongly Agree	
7232	Cooking Class	Wendy	Grilled onion and cheese sandwiches. Kale, broccoli and asparagus soup.				Yes			Strongly Agree	Strongly Agree	
4459	Cooking Class	Wendy								Strongly Agree	Strongly Agree	
7299	Cooking Class	Wendy	Good	Good	Good	Good				Agree	Agree	
3945	Cooking Class	Wendy	That vegetables can be good. Also to put a cover over the grill to cover.		Italian food		Yes		We need 2 hr. more time.	Strongly Agree	Strongly Agree	
6928	Scrapbooking	Wendy	Creativity and patience	I miss the giant straight edge cutters. I also wish there was a way to sharpen dull scalloped scissors.	I don't know. Maybe making photo album?	None	Yes		I enjoyed my time here very much	Strongly Agree	Agree	
1201	Scrapbooking	Wendy	Able to be creative. I like that I got to make birthday cards for my family.	Supplies need to be organized	Create art with the magazines. cut outs.	NAMI- help find housing/roommates who have and or are understanding of mental health issues in Orange County.	Yes			Agree	Agree	Thank you for your feedback! I will make more efforts to ensure the supplies are organized.
2179	Crochet	Wendy	fun crocheting	N/A	Beginning crochet		Yes			Strongly Agree	Strongly Agree	
4459	Jewelry Design	Wendy								Strongly Agree	Strongly Agree	
6928	Jewelry Design	Wendy	How to make jewelry like bracelets and earrings				Yes			Strongly Agree	Strongly Agree	
6032	Jewelry Design	Wendy	I love making jewelry	Nothing			Yes		This is my favorite class	Strongly Agree	Strongly Agree	
7147	Jewelry Design	Wendy	I learned how to tie a slipknot and watching the creative side of others.	N/A	None	Fishing knots	Yes		None	Strongly Agree	Strongly Agree	
6637	Jewelry Design	Wendy	A certain weaving technique for a bracelet.	N/A	Every experience is fun	More weaving techniques	Yes			Strongly Agree	Strongly Agree	
7416	Cooking Class	Wendy	Learned to make Reuben casserole. I liked how good food tasted	N/A	N/A	N/A	Yes			Strongly Agree	Strongly Agree	
7232	Cooking Class	Wendy	Everything- Good stuff	Nothing	Nothing	N/A	Yes			Strongly Agree	Strongly Agree	
7110	Cooking Class	Wendy	Reuben casserole. I liked everything	We don't have cooking class daily	Monte Christo	N/A	Yes			Strongly Agree	Strongly Agree	
6204	Cooking Class	Wendy	Cooking	N/A	Everything cooking	N/A	Yes			Strongly Agree	Strongly Agree	
5802	Cooking Class	Wendy	How to make a casserole. Eating what we cooked	Crowd - too many people in class	Use our garden veggies - Salsa	N/A	Yes			Strongly Agree	Agree	Thanks for the feedback. We do the best we can to limit the number of people in class. Occasionally depending on the needs of the member we also may have coaches in there. Veggies are seasonal, I use them when they are available.
7147	Cooking Class	Wendy	How to make stir fry meat, I like cooking, seeing how others cook, eating and interactions.	N/A	Lead a class with my own recipe.	Beneficial Ingredients.	Yes		Wish I had more time to cook more portions. Looking forward to the next time I can attend.	Strongly Agree	Strongly Agree	That can be arranged! Let me know in advance and we will make it happen.
6216	Crochet	Wendy	We all have something in common. We love to crochet	More time for class.	Lots of projects.		Yes		Wendy is awesome and everyone enjoys this class.	Strongly Agree	Strongly Agree	
5979	Gardening	Wendy	Pull roots from soil and watered.	Nothing	How to plant carrots in the soil.	Beginning in computers.	Yes		The facilitator are doing a good job.	Strongly Agree	Strongly Agree	
7110	Jewelry Design	Wendy	Making jewelry design	Nothing I like it	Necklace picture frame	More people to come to the wellness center	Yes		I like to come here, I like it.	Agree	Agree	
5802	Gardening	Wendy	How to plant and raise food and veggies nicely wherever I'm at.	The videos. OH nothing	How to be a good gardener	None	Yes		N/A	Agree	Agree	
7187	Cooking Class	Wendy	I like that we all get to participate.	N/A	I would like to learn how to make quiche and enchiladas.	N/A			I really enjoy being introduced to different foods that I don't normally have.	Strongly Agree	Strongly Agree	
7187	Coping Skills	William (Willy)	Planning ahead can help when coping with change	Blank	Blank	Blank	Yes			Agree	Agree	

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4012	Coping Skills	William (Willy)		Everyone participated.	How to cope		Yes			Agree	Agree	
6098	Coping Skills	William (Willy)	Participation, empowering	I enjoyed everything	More coping mechaton	Grief	Yes			Agree	Agree	
981	Coping Skills	William (Willy)	Pure good	Very important	Participation	Everybody	Yes			Strongly Agree	Strongly Agree	
6950	Coping Skills	William (Willy)	Coping with change	The instructor was knowledgably.						Agree	Agree	
3892	NAMI Connection	William (Willy)		a safe and good place to talk	How to help with specific needs not just self medication.	Less medication more faith.	Yes		N/A	Agree	Agree	
7369	Social Time	William (Willy)	Socialize with nice people this group is well organized.	Some games online are old.	More new games	None	Yes		William is a very friends and helpful facilitator	Strongly Agree	Strongly Agree	Thank you for the feedback, I will find new games.
7370	Social Time	William (Willy)	I think Social Time is needed, wild exciting and fun.		I learn to socialize and make friends group etc.	Achievement, resilience.	Yes			Strongly Agree	Strongly Agree	
7133	Social Time	William (Willy)	Socialization	Nothing	Socializing	Fun stuff	Yes			Strongly Agree	Strongly Agree	
7133	Schizophrenia Alliance	William (Willy)	Skizo	Nothing	Talk	Skizo	Yes			Strongly Agree	Strongly Agree	
2042	Campus Sports Activities	William (Willy)	Team work how to communicate, and how to have fun, enjoy a lot.	More communication with the team.	How to speak up.	Sportsmanship	Yes			Strongly Agree	Strongly Agree	
328	Social Time	William (Willy)	Lots of interesting games and topics. Everything.	N/A	N/A	N/A	Yes			Strongly Agree	Strongly Agree	
6032	Social Time	William (Willy)	I liked the games they had available.	There's noting I didn't like.	N/A	N/A	Yes		William is very nice.	Strongly Agree	Strongly Agree	
1201	Social Hour	William (Willy)	Having fun with new friends.			Organization. Learn to budget.	Yes			Strongly Agree	Strongly Agree	
7323	NAMI Connection	William (Willy)	Ending inner peace, it was wonderful chatting with everyone.	I've found it really depressing who's attending the current group but other wise it's great!	Better or reaffirming coping skills is always good.	Anything is good maybe more self care topics.	Yes		I always have a great time.	Strongly Agree	Strongly Agree	
6204	NAMI Connection	William (Willy)	Nami Connection	N/A	Nami Connection	N/A	Yes			Strongly Agree	Strongly Agree	