

Wellness Center Central

November 2021

Calendar is subject to change. Translators available upon request

401 S. Tustin Street # C
Orange, CA 92866
Phone: (714) 361-4860
www.wellnesscenteroc.com

Hours of Operation
Monday-Thursday & Saturday 9:00am-5:00pm
Friday 9:00am-8:00pm

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

~*~*~*~*~*~*~

**Employment
Support By
Appointment**

**To consult
with our
Employment
Specialist**

**Janice,
please
call
(949) 406-9687
9am-5pm**



WELLNESS CENTER CENTRAL INVITES YOU TO OUR

Thanksgiving Feast

**WHEN: NOVEMBER 18TH, 2021
TIME: 12PM-2PM
WHERE: 401 S. TUSTIN ST. BLDG. C, ORANGE, CA 92866
RSVP BY: NOVEMBER 12TH, 2021**

VEGETARIAN OPTION AVAILABLE.

PICK-UP AVAILABLE UPON REQUEST.

CALL (714) 361-4860 TO RESERVE A SLOT.

HAPPY THANKSGIVING!

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

**Education
Support By
Appointment**

**If you are
interested in
returning to
school,**

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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Scrapbooking 114 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 <u>10:00-12:00</u> Jewelry Design 113 <u>10:55-11:55</u> Breakthrough the Barriers of Trauma 108 (H) 816 7681 1961 <u>11:15-12:15</u> Yoga 111 (H) 889 7480 3364 <u>12:00-1:00</u> Social Time LR <u>1:00-2:00</u> Healthy Relationships 108 (H) 856 3239 8128 <u>2:15-3:15</u> Coping Skills 108 Floral Design 113 <u>3:25-4:25</u> DBSA 108 Glass Arts 113 (H)=Hybrid Zoom/Onsite Group is online/onsite	2 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Self-Empowerment 108 Eat Well, Live Well 114(H) 828 4508 0989 <u>10:00-11:00</u> NA Open Meeting 107 <u>10:00-12:00</u> Watercolors 113 <u>10:55-11:55</u> Positive Thinking 108 <u>11:30-12:30</u> Pathways to Recovery 114 (H) 856 4492 1478 <u>12:00-1:00</u> Social Time LR <u>12:45-1:45</u> American History 108(H) 818 6899 2601 <u>1:45-2:15</u> Ambassador Meeting/ PPSP 113 <u>2:15-3:15</u> Anger Management 108 AA Open Meeting 114(H) 836 0460 9371 <u>3:25-4:25</u> Bingo 113 Karaoke 108 Chess Club 114	3 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Goal Setting 114 Gardening OS Art Workshop 113 NAMI Connection 108(H) 824 5047 2205 <u>10:55-11:55</u> Community Meeting LR Hybrid-Zoom/Onsite 830 4709 0440 <u>12:00-1:00</u> Social Time LR <u>12:30-3:00</u> Volunteerism-Church Food Distribution F <u>1:00-2:00</u> WRAP 114(H) 832 7126 3020 <u>1:00-3:00</u> Jewelry Design 113 <u>2:15-3:15</u> DBSA 108 Chess Club 114 <u>2:30-3:30</u> Let's Go Virtual Tours LR (H) 878 0973 2294 <u>3:25-4:25</u> Relapse Prevention 108 Journaling 113	4 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Enlightenment 108 Diversity 114 <u>10:00-11:00</u> Healthy Living 107(H) 841 6593 6409 <u>10:55-11:55</u> Self-Empowerment 108 Brain Health 114 <u>12:00-1:00</u> Social Time LR <u>1:00-2:00</u> Education Support 114 <u>1:00-2:30</u> Music Academy 108 (H) 885 0804 0727 <u>2:15-3:15</u> Resilience 114 Art Class 113 <u>3:15-4:30</u> Depression Bipolar Support Alliance 108(H) 874 1407 2502 <u>3:25-4:25</u> NA Open Meeting 113 Poetry 114 Copyright Pathways of California, 2021, All Rights Reserved	5 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Social Anxiety 108 <u>9:45-11:15</u> Cooking K <u>10:00-11:30</u> Arts & Crafts 113 <u>10:55-11:55</u> LGBTQ+(Closed Group)114 Looking Good-Feeling Good 108 <u>12:00-1:00</u> Social Time LR (H) 869 0615 4927 <u>1:00-2:00</u> Mosaics 113 Chat With MAB 114 <u>2:15-3:15</u> Women's Group 114 (H) 875 7924 1408 Men's Group 108 (H) 827 3339 4133 Balance & Boundaries 111 <u>3:25-4:25</u> Social Circle 108 Chess Club 114 <u>3:30-5:00</u> Tea Time K <u>5:00-8:00</u> Social Hour LR, 113, 108	6 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Coping Skills 108 <u>10:00-12:00</u> Jewelry Design 113 <u>10:30-12:30</u> Choir 107 (H) 857 3185 8460 <u>10:55-11:55</u> Schizophrenia Alliance 108 <u>12:00-1:00</u> Topic of the Day 108 (H) 810 607 16338 <u>12:30-1:30</u> Social Time LR <u>12:30-1:30</u> Matinee Movies at AMC 30 at the Outlets at Orange <u>1:00-2:00</u> NAMI Connection 108 (H) 825 2384 8811 <u>2:15-4:25</u> Art Workshop 113 Movie Club LR

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8 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Scrapbooking 114 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 <u>10:00-12:00</u> Jewelry Design 113 <u>10:55-11:55</u> Breakthrough the Barriers of Trauma 108 (H) 816 7681 1961 <u>11:15-12:15</u> Yoga 111 (H) 889 7480 3364 <u>12:00-1:00</u> Social Time LR <u>1:00-2:00</u> Healthy Relationships 108 (H) 856 3239 8128 <u>2:15-3:15</u> Coping Skills 108 Floral Design 113 <u>3:25-4:25</u> DBSA 108 Glass Arts 113	9 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Self-Empowerment 108 Eat Well, Live Well 114(H) 828 4508 0989 <u>10:00-11:00</u> NA Open Meeting 107 <u>10:00-12:00</u> Watercolors 113 <u>10:55-11:55</u> Positive Thinking 108 <u>11:30-12:30</u> Pathways to Recovery 114 (H) 856 4492 1478 <u>12:00-1:00</u> Social Time LR <u>12:45-1:45</u> American History 108(H) 818 6899 2601 <u>1:45-2:15</u> Ambassador Meeting/ PPSP 113 <u>2:15-3:15</u> Anger Management 108 AA Open Meeting 114(H) 836 0460 9371 <u>3:25-4:25</u> Bingo 113 Karaoke 108 Chess Club 114	10 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Goal Setting 114 Gardening OS Art Workshop 113 NAMI Connection 108(H) 824 5047 2205 <u>10:55-11:55</u> Community Meeting LR Hybrid-Zoom/Onsite 830 4709 0440 <u>12:00-1:00</u> Social Time LR <u>12:30-3:00</u> Volunteerism-Beach Cleanup F <u>1:00-2:00</u> WRAP 114(H) 832 7126 3020 <u>1:00-3:00</u> Jewelry Design 113 <u>2:15-3:15</u> DBSA 108 Chess Club 114 <u>2:30-3:30</u> Let's Go Virtual Tours LR (H) 878 0973 2294 <u>3:25-4:25</u> Relapse Prevention 108 Journaling 113	11 ***** CLOSED For Veteran's Day No groups online or onsite  Have a SAFE and FUN Day!! *****	12 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Social Anxiety 108 <u>9:45-11:15</u> Cooking K <u>10:00-11:30</u> Arts & Crafts 113 <u>10:55-11:55</u> LGBTQ+(Closed Group)114 Looking Good-Feeling Good 108 <u>12:00-1:00</u> Social Time LR (H) 869 0615 4927 <u>1:00-2:00</u> Mosaics 113 Chat With MAB 114 <u>2:15-3:15</u> Women's Group 114 (H) 875 7924 1408 Men's Group 108 (H) 827 3339 4133 Balance & Boundaries 111 <u>3:25-4:25</u> Social Circle 108 Chess Club 114 <u>5:00-8:00</u> Social Hour LR, 113, 108	13 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Coping Skills 108 <u>10:00-12:00</u> Jewelry Design 113 <u>10:30-12:30</u> Choir 107 (H) 857 3185 8460 <u>10:55-11:55</u> Schizophrenia Alliance 108 <u>12:00-1:00</u> Topic of the Day 108 (H) 810 607 16338 <u>12:30-1:30</u> Social Time LR <u>12:30-1:30</u> Matinee Movies at AMC 30 at the Outlets at Orange <u>1:00-2:00</u> NAMI Connection 108 (H) 825 2384 8811 <u>2:15-4:25</u> Art Workshop 113 Movie Club LR

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Wellness Center Central

will be closed for the Thanksgiving holiday.

We wish you a happy, healthy long weekend, with gratitude.

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Monday	Tuesday		
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		 Please view our BLOG at www.wellnesscenteroc.com for fun, informative ideas and resources. If you have any suggestions, comments, or blogs to contribute, please email them to Sohail.Eftekhazadeh@pathways.com	
		~~~~~  <b>MAB</b>  <b>Agenda Mtg</b>  <b>11/18/2021</b>  <b>11:00-11:30</b>          ~~~~~  <b>MAB Mtg.</b>  <b>11/19/2021</b>  <b>11:00-12:30</b>          ~~~~~  <b>Closed Groups</b>          ~~~~~	
		<i>For Help with your Wellness Recovery Action Plan (WRAP)</i>          ~~~~~  <b>Please call</b>  <b>Diana for</b>  <b>Assistance at</b>  <b>(626) 373-0157</b>  <b>9am-5pm</b>	