

Wellness Center Central

September 2022

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



2022



JOB FAIR

It's time to Network!
Come dressed for success and be ready to
chat with representatives from the
following agencies:

CalOptima
Goodwill E-Works
Taller San Jose
Working Wardrobes
Recovery Education Institute
+ More!

**Wednesday
September 14, 2022**

1:00pm - 3:00pm

401 S Tustin St. Building C
Orange, CA 96866
714-361-4861

www.wellnesscenteroc.com

For questions or to get involved please contact:
Janice Jones, WCC Employment Specialist
janice.jones@pathways.com
949-406-9687

In partnership with:



**Come Discover Your
Digital Self!!
At
"Tech Talk With Peers"**



Thursday 9/8/2022
10:00-11:30, Rm 113

ATTENTION MEMBERS

*****Wellness Center Central will be closing
at 5:00 pm on Friday, September 2nd
for maintenance*****

**Education
Support By
Appointment**

*If you are
interested in
returning to
school,*

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

Employment
Support By
Appointment**

*To consult
with our
Employment
Specialist*

**Janice,
please
call
(949) 406-9687**

**For Help
with your
Wellness
Recovery
Action Plan
(WRAP)**

**Please call
Diana for
Assistance at
(626) 373-0157**

**9am-5pm

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2022

CELEBRATION RECOVERY PICNIC

**NO
COST
FAMILY EVENT**

SATURDAY, SEPT 24TH, 2022 11AM -3PM

**HART PARK
(PICNIC TABLE AREA)
701 S GLASSELL ORANGE, CA 92866**

**MENU INCLUDES: HOT DOGS, CHILI,
CHIPS, DRINKS & MORE**
BRING YOUR LAWN CHAIRS, BLANKETS,
DANCING SHOES, AND SUNSCREEN...
AND BE READY FOR FUN!

**JOIN US FOR A FUN FAMILY
EVENT WITH FOOD, MUSIC,
DANCING, ART, CARNIVAL
GAMES AND OTHER ACTIVITIES
IN THE PARK!**

**TO RSVP AND RESERVE LUNCH CALL 714-547-7559
BY NOON ON SEPT 21ST, 2022**

EMAIL JUDYANNADAMS@LIVE.COM TO LEARN MORE ABOUT THE ART IN THE PARK ARTSHOW

COMMUNITY PARTNERS:

- MENTAL HEALTH ASSOCIATION OF ORANGE COUNTY
- NOROOZ CLINIC FOUNDATION
- OC HEALTH CARE AGENCY
- PEER VOICES OF ORANGE COUNTY

- RECOVERY EDUCATION INSTITUTE
- TELECARE CORPORATION
- UNITED WAY OF ORANGE COUNTY
- WELLNESS CENTER CENTRAL
- WELLNESS CENTER SOUTH

SPONSORS:

mha Mental Health Association
of Orange County

**Telecare
Corporation**



**College
Community
Services**
PEOPLE. PASSION. SERVICE.

NAMI Orange County
National Alliance on Mental Illness



CalOptima
A Public Agency
Better. Together.

**RECOVERY
EDUCATION
INSTITUTE**

Jamboree

**OC health
CARE AGENCY**

FUNDED BY: OC HEALTH CARE AGENCY (OCHA), MENTAL HEALTH
AND RECOVERY SERVICES, MENTAL HEALTH SERVICES
ACT/PROP. 63

JOB CLUB



Workplace Ethics/Bias

TOPICS COVERED:

- What is workplace ethics and why is this important?
- What are diversity, equity, and inclusion?
- Explaining what bias is and strategies to overcome it.
- Learning the difference between unconscious bias vs. implicit bias.



**VIRTUAL
EVENT**

**THURSDAY
SEPTEMBER 8, 2022**

**2:00 PM
TO 3:15 PM**



ZOOM ID: 884 7489 8439



PASSCODE: 207804



Open to all individuals receiving mental health services from
a County or contracted clinic or Wellness Center. Lunch will be
provided to Employment WORKS Program Participants only in-office.



RSVP

PLEASE RSVP WITH YOUR EMPLOYMENT SPECIALIST
Any questions, contact our offices at the numbers below ▼

**EMPLOYMENT WORKS
PARTICIPANTS ONLY**

**OC
health
CARE AGENCY**



North Employment WORKS
2250 S. Yale St., #A
Santa Ana, CA 92704
714.638.1741

South Employment WORKS
23871 Via Fabricante, #401
Mission Viejo, CA 92691
949.900.0550

Funded by: OC Health Care Agency (OCHA), Mental Health and Recovery Services, Mental Health Services Act/Prop. 63.

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

RECOVERY
EDUCATION
INSTITUTE
PRESENTS:

ART
COMMUNITY EVENT

SEPTEMBER
16
2022
12PM-4PM

401 S. TUSTIN STREET
ORANGE, CA 92866

FREE TO ATTEND

FREE FOOD
ART SHOW
MUSIC

FREE ART WORKSHOPS
COMMUNITY RESOURCES

CREATIVITY
UNHINGED:
RECOVERY
AND
RESILIENCY
THROUGH
THE ARTS

OUR CAMPUS SERVES ADULTS 18+
PROVIDER/VENDOR REGISTRATION CONTACT
MICHELLE.TANNER@PACIFICCLINICS.ORG

FOR MORE INFORMATION
CONTACT US AT:
(714) 244-4322
WWW.PCREI.ORG



Pacific
Clinics



Recovery Education Institute (REI) is an
evidence-based program for adults living with mental
illness or first with family with a mental illness.



*Let your voice
be heard give
your feed-
back!*

*Semi-Annual
Group
Evaluations*

GROUP EVALUATION FORM

Group Name: _____ Facilitator Name: _____
Member Name (Optional): _____ Room: _____

1. What did you like about this group? What do you not want lost?

2. What did you not like? What could have gone better?

3. What subject would you like to have a speaker discuss in the future?

4. What would you like to learn or do in this class/group?

5. Other comments?

6. Overall, I enjoyed this group. (Please circle one)
Strongly Dislike Dislike Neutral Agree Strongly Agree

7. I will attend this group again. (Please circle one)
Strongly Dislike Dislike Neutral Agree Strongly Agree

*September 12th
To
September 24th*

Thursday

1 9:15-9:45
Ice Breaker LR
9:45-10:45
Enlightenment 108
Tai Chi 107/OS
(H) 865 9998 9663
10:00-11:00
Healthy Living 114 (H)
841 6593 6409
****New Time****
NA Open Meeting 111
10:00-1:00
Social Outing
Fullerton Arboretum F
11:00-12:00
Open Discussion 108
Brain Health 114
11:00-12:30
Campus Sport
Activities OS
12:00-1:00
Social Time LR
1:00-2:00
Juicing K
Education Support 114
Positive Thinking 107 (H)
841 4238 8927
1:00-2:30
Music Academy 108 (H)
885 0804 0727
2:00-4:30
Open Art Class 113
2:15-3:15
Resilience 114
3:15-4:30
Depression Bipolar
Support Alliance 108 (H)
874 1407 2502
3:30-4:30
Poetry 114 (H)
860 6045 5887

Friday

2 9:15-9:45
Ice Breaker LR
9:45-10:45
Social Anxiety 108
9:45-11:15
Cooking K
10:00-11:30
Arts & Crafts 113
11:00-12:00
LGBTQ+(Closed) 111
Looking Good-Feeling
Good 108
Stay Fit Friday 107/OS
12:00-1:00
Social Time LR (H)
823 6633 6837
1:00-1:30
Ambassador Meeting/
PPSP 114
1:00-2:00
AA Open Meeting 107
Mindfulness 111
1:00-2:30
Campus Sport
Activities OS
1:45-4:45
Volunteerism F
Riverbed Farms
2:15-3:15
Women's Group 114 (H)
875 7924 1408
Men's Group 108 (H)
827 3339 4133
3:30-4:30
Good Vibes Circle LR
Chess Club 114
****New Time****
Balance & Boundaries
113
3:30-5:00
Mosaics 113
**Center will close at
5:00pm for
Maintenance.**

Saturday

3 9:15-9:45
Ice Breaker LR
9:45-10:45
Coping Skills 108
10:00-11:00
Schizophrenia
Alliance 114
10:00-12:00
Jewelry Design 113
10:30-12:30
Choir-Come Sing
With Us 107 (H)
857 3185 8460
11:00-12:00
Friends, Food & Fun K
11:00-3:00
Matinee Movie
AMC at The Outlets
of Orange
12:00-1:00
Topic of the Day
LR (H)
810 6071 6338
1:00-2:00
NAMI
Connection 108 (H)
825 2384 8811
2:15-4:25
Art Workshop 113
In House Cinema LR
Bingo 114

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 ***** CLOSED In Honor of Labor Day ~~~~~  HAPPY LABOR DAY ★★★ ~~~~~ Have a SAFE and FUN Holiday Weekend!! ***** (H)=Hybrid Zoom/Onsite Group is online/onsite	6 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Eat Well, Live Well (H) 828 4508 0989 <u>10:00-11:00</u> **New Time** NA Open Meeting 107 American History 108 (H) 818 6899 2601 <u>10:00-11:30</u> **New Time** Campus Sport Activities OS <u>10:00-12:00</u> Watercolors 113 <u>10:00-1:00</u> Volunteerism F Gold Coast Farms <u>11:00-12:15</u> DBSA 108 <u>12:00-1:00</u> Social Time LR <u>1:00-2:00</u> Self Empowerment 108 (H) 895 9260 2224 <u>1:30-2:30</u> Beginning Computer 109 Laughter Yoga 111 (H) 813 5117 8684 <u>2:00-4:00</u> Bowling at Concourse <u>2:15-3:15</u> Anger Management 108 (H) 897 1661 6727 Glass Arts/Etching 113 <u>3:30-4:30</u> Bingo 113 Karaoke 108 Chess Club 114	7 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Wellness Wednesday 114 Gardening OS NAMI Connection 108 (H) 824 5047 2205 <u>9:45-11:15</u> Art Workshop 113 <u>10:00-10:30</u> Walk & Talk OS <u>10:00-11:00</u> AA Open Meeting 114 (H) <u>11:00-12:00</u> Community Meeting LR Hybrid-Zoom/Onsite 830 4709 0440 <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837 <u>12:00-3:00</u> Volunteerism F Food Distribution <u>1:00-2:00</u> WRAP 114 (H) 832 7126 3020 ASL-Sign Language 108 <u>1:00-3:00</u> Jewelry Design 113 <u>2:15-3:15</u> Grupo de Apoyo 108 Chess Club 114 <u>2:30-3:30</u> Let's Go Virtual Tours LR (H) 878 0973 2294 <u>3:30-4:30</u> Journaling 113 AA Open Meeting 114 (H) 836 0460 9371 Good Vibes Circle LR 	8 <u>9:15-9:45</u> Ice Breaker LR <u>9:45-10:45</u> Enlightenment 108 Tai Chi 107/OS (H) 865 9998 9663 <u>10:00-11:00</u> Healthy Living 114 (H) 841 6593 6409 **New Time** NA Open Meeting 111 <u>10:00-11:30</u> Tech Talk with Peers 113 Come Discover Your Digital Self!! <u>10:00-1:00</u> Social Outing Balboa Island F <u>11:00-12:00</u> Open Discussion 108 Brain Health 114 <u>11:00-12:30</u> Campus Sport Activities OS <u>12:00-1:00</u> Social Time LR <u>1:00-2:00</u> Twicing K Education Support 114 Positive Thinking 107 (H) 841 4238 8927 <u>1:00-2:30</u> Music Academy 108 (H) 885 0804 0727 <u>2:00-3:15</u> Job Club Viewing Party 114 884 7489 8439 Passcode: 207804 <u>2:00-4:30</u> Open Art Class 113 <u>2:15-3:15</u> Resilience 111 <u>3:15-4:30</u> Depression Bipolar Support Alliance 108 (H) 874 1407 2502 <u>3:30-4:30</u> Poetry 114	9 <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>11:00-12:00</u> LGBTQ+(Closed)111 Looking Good-Feeling Good 108 Stay Fit Friday 107/OS <u>12:00-1:00</u> Social Time LR (H) 823 6633 6837 <u>1:00-1:30</u> Chat With MAB 114 <u>1:00-2:00</u> AA Open Meeting 107 Mindfulness 111 <u>1:00-2:30</u> Campus Sport Activities OS <u>1:45-4:45</u> Volunteerism F Riverbed Farms <u>2:15-3:15</u> Women's Group 114 (H) 875 7924 1408 Men's Group 108 (H) 827 3339 4133 Balance & Boundaries 113 <u>3:30-4:30</u> Good Vibes Circle LR Chess Club 114 <u>3:30-5:00</u> Mosaics 113 Tea Time K <u>5:00-8:00</u> Social Hour LR, 113, 108	10 <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-Come Sing With Us 107 (H) 857 3185 8460 <u>10:15-11:15</u> Schizophrenia Alliance 114 <u>10:45-12:00</u> Friends, Food & Fun K <u>11:00-3:00</u> Matinee Movie AMC at The Outlets of Orange <u>12:00-1:00</u> Topic of the Day LR (H) 810 6071 6338 <u>1:00-2:00</u> NAMI Connection 108 (H) 825 2384 8811 <u>2:15-4:25</u> Art Workshop 113 In House Cinema LR Bingo 114

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12 9:15-9:45 Ice Breaker LR 10:00-10:30 Walk & Talk OS 10:00-11:00 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 10:00-12:00 Jewelry Design 113 11:00-12:00 Breakthrough the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 11:15-12:15 Yoga 111 (H) 889 7480 3364 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 Healthy Relationships 108 (H) 856 3239 8128 2:15-3:15 Coping Skills 111 Floral Design 113 2:30-3:30 Free Form Expressive Exercise 107 3:30-4:30 DBSA 108 Basic Spanish 114	13 9:15-9:45 Ice Breaker LR 9:45-10:45 Eat Well, Live Well K (H) 828 4508 0989 10:00-11:00 **New Time** NA Open Meeting 107 American History 108 (H) 818 6899 2601 10:00-11:30 **New Time** Campus Sport Activities OS 10:00-12:00 Watercolors 113 10:00-1:00 Volunteerism F Gold Coast Farms 11:00-12:00 Schizophrenia Alliance 11:00-12:15 DBSA 108 12:00-1:00 Social Time LR 1:00-2:00 Self Empowerment 108 (H) 895 9260 2224 1:30-2:30 Beginning Computer 109 2:00-4:00 Bowling at Concourse 2:15-3:15 Anger Management 108 (H) 897 1661 6727 Glass Arts/Etching 113 3:30-4:30 Bingo 113 Karaoke 108 Chess Club 114	14 9:15-9:45 Ice Breaker LR 9:45-10:45 Wellness Wednesday 114 Gardening OS NAMI Connection 108 (H) 824 5047 2205 9:45-11:15 Art Workshop 113 10:00-10:30 Walk & Talk OS AA Open Meeting 114 (H) 836 0460 9371 11:00-12:00 Community Meeting LR Hybrid-Zoom/Onsite 830 4709 0440 12:00-1:00 Social Time LR (H) 823 6633 6837 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 WRAP 114 (H) 832 7126 3020 ASL-Sign Language 108 1:00-3:00 Jewelry Design 113 2:15-3:15 Grupo de Apoyo 108 Chess Club 114 2:30-3:30 Let's Go Virtual Tours LR (H) 878 0973 2294 3:30-4:30 Journaling 113 Good Vibes Circle LR	15 9:15-9:45 Ice Breaker LR 9:45-10:45 Enlightenment 108 Tai Chi 107/OS (H) 865 9998 9663 10:00-11:00 Healthy Living 114 (H) 841 6593 6409 **New Time** NA Open Meeting 111 10:00-1:00 Social Outing Orange OC Farmers Market F 11:00-12:00 Open Discussion 108 Brain Health 114 Fresh Flower Design 113 **New Day** Care for Caregiver 111 (H) 829 7927 2772 11:00-12:30 Campus Sport Activities OS 12:00-1:00 Social Time LR 1:00-2:00 Juicing K Education Support 114 Positive Thinking 113 (H) 841 4238 8927 1:00-2:30 Music Academy 108 (H) 885 0804 0727 2:00-4:30 Open Art Class 113 2:15-3:15 Resilience 114 3:15-4:30 Depression Bipolar Support Alliance 108 (H) 874 1407 2502 3:30-4:30 Poetry 114 (H) 860 6045 5887	16 9:15-9:45 Ice Breaker LR 9:45-10:45 Social Anxiety 108 9:45-11:15 Cooking K 10:00-11:30 Arts & Crafts 113 11:00-12:00 LGBTQ+(Closed)111 Looking Good-Feeling Good 108 Stay Fit Friday 107/OS 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-1:30 Ambassador Meeting/ PPSP 114 1:00-2:00 AA Open Meeting 107 Mindfulness 111 1:00-2:30 Campus Sport Activities OS 1:45-4:45 Volunteerism F Riverbed Farms 2:15-3:15 Women's Group 114 (H) 875 7924 1408 Men's Group 108 (H) 827 3339 4133 Balance & Boundaries 113 3:30-4:30 Good Vibes Circle LR 3:30-5:00 Mosaics 113 5:00-8:00 Social Hour LR, 113, 108	17 9:15-9:45 Ice Breaker LR 9:45-10:45 Coping Skills 108 10:00-12:00 Jewelry Design 113 10:30-12:30 Choir-Come Sing With Us 107 (H) 857 3185 8460 10:15-11:15 Schizophrenia Alliance 114 10:45-12:00 Friends, Food & Fun K 11:00-3:00 Matinee Movie AMC at The Outlets of Orange 12:00-1:00 Topic of the Day LR (H) 810 6071 6338 1:00-2:00 NAMI Connection 108 (H) 825 2384 8811 2:15-4:25 Art Workshop 113 In House Cinema LR Bingo 114

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Friday 9:00am-8:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	
26 9:15-9:45 Ice Breaker LR 10:00-10:30 Walk & Talk OS 10:00-11:00 Mindful Meditation 111 Dual Recovery Anonymous 108 (H) 847 7808 6908 10:00-12:00 Jewelry Design 113 11:00-12:00 Breakthrough the Barriers of Trauma 108 (H) 816 7681 1961 Music Appreciation 114 11:15-12:15 Yoga 111 (H) 889 7480 3364 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-2:00 Healthy Relationships 108 (H) 856 3239 8128 2:15-3:15 Coping Skills 111 Floral Design 113 2:30-3:30 Free Form Expressive Exercise 107 3:30-4:30 DBSA 108 Basic Spanish 114	27 9:15-9:45 Ice Breaker LR 9:45-10:45 Eat Well, Live Well 114 (H) 828 4508 0989 Smoothies K 10:00-11:00 **New Time** NA Open Meeting 107 American History 108 (H) 818 6899 2601 10:00-11:30 **New Time** Campus Sport Activities OS 10:00-12:00 Watercolors 113 10:00-1:00 Volunteerism F Gold Coast Farms 11:00-12:00 Schizophrenia Alliance 11:00-12:15 DBSA 108 12:00-1:00 Social Time LR 1:00-2:00 Self Empowerment 108 (H) 895 9260 2224 1:30-2:30 Beginning Computer 109 2:00-4:00 Bowling at Concourse 2:15-3:15 Anger Management 108 (H) 897 1661 6727 Glass Arts/Etching 113 3:30-4:30 Bingo 113 Karaoke 108 Chess Club 114	28 9:15-9:45 Ice Breaker LR 9:45-10:45 Wellness Wednesday 114 Gardening OS NAMI Connection 108 (H) 824 5047 2205 9:45-11:15 Art Workshop 113 10:00-10:30 Walk & Talk OS 11:00-12:00 Community Meeting LR Hybrid-Zoom/Onsite 830 4709 0440 12:00-1:00 Social Time LR (H) 823 6633 6837 12:00-3:00 Volunteerism F Beach Clean Up 1:00-2:00 WRAP 114 (H) 832 7126 3020 ASL-Sign Language 111 1:00-3:00 Jewelry Design 113 2:00-3:00 Grupo de Apoyo 108 Chess Club 114 2:30-3:30 Let's Go Virtual Tours LR (H) 878 0973 2294 *New Time* 3:00-4:00 Dream Boards 114 3:30-4:30 Journaling 113 AA Open Meeting 114 (H) 836 0460 9371 Good Vibes Circle LR	29 9:15-9:45 Ice Breaker LR 9:45-10:45 Enlightenment 108 Tai Chi 107/OS (H) 865 9998 9663 10:00-11:00 Healthy Living 114(H) 841 6593 6409 *New Time** NA Open Meeting 111 10:00-1:00 Social Outing Santa Ana Zoo F 11:00-12:00 Open Discussion 108 Brain Health 114 11:00-12:30 Campus Sport Activities OS 12:00-1:00 Social Time LR 1:00-2:00 Juicing K Education Support 114 Positive Thinking 107 (H) 841 4238 8927 1:00-2:30 Music Academy 108 (H) 885 0804 0727 2:00-4:30 Open Art Class 113 2:15-3:15 Resilience 114 3:15-4:30 Depression Bipolar Support Alliance 108 (H) 874 1407 2502 3:30-4:30 Poetry 114 (H) 860 6045 5887	30 9:15-9:45 Ice Breaker LR 9:45-10:45 Social Anxiety 108 9:45-11:15 Cooking K 10:00-11:30 Arts & Crafts 113 11:00-12:00 LGBTQ+(Closed) 111 Looking Good-Feeling Good 108 Stay Fit Friday 107/OS 12:00-1:00 Social Time LR (H) 823 6633 6837 1:00-1:30 **Returning Group** Chat With Director 114 1:00-2:00 AA Open Meeting 111 1:00-2:30 Campus Sport Activities OS 1:45-4:45 Volunteerism F Riverbed Farms 2:15-3:15 Women's Group 114 (H) 875 7924 1408 Men's Group 108 (H) 827 3339 4133 Balance & Boundaries 113 2:30-4:30 End of Summer BBQ 3:30-5:00 Mosaics 113 5:00-8:00 Social Hour LR, 113, 108 Super Bingo Night!	 ~~~~~ MAB Agenda Mtg. 9/15/2022 11:00-11:30 ~~~~~ MAB Mtg. 9/16/2022 11:00-12:30 ~~~~~ Closed Groups

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

Group Descriptions

Emotional Groups: *Designed to aid our members with establishing their own ability to cope and understand themselves, while addressing overall member goals related to advocacy and recovery.*
Anger Management- Members learn to utilize the tools needed to recognize, accept, and understand emotional feelings and physiological reactions anger causes, and how to respond effectively.
Balance and Boundaries- Members can explore steps to establishing and maintaining healthy boundaries.

Breaking thru the Barriers of Trauma

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

Coping Skills- Members learn techniques to better manage, and how to effectively cope with daily struggles in life.

DBSA (Depression, Bipolar Support Alliance)- DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders. Meets twice weekly

Employment/Education- Call for support and assistance—get help with locating hot job leads, resume help, interview tips and much more. If you've been thinking about going back to school, or are curious if you should go back, WCC staff will assist and guide you through the process and provide information about school related materials. Members are encouraged to speak to our facilitators and/or Employment Specialist anytime.

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

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

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

Jewelry Design- Members learn about beading and making different kinds of jewelry such as necklace and bracelets.

Job Club- Provides ongoing motivation and group support while reinforcing and improving job-seeking skills.

LGBTIQ+ - Closed Group- Share and Care Support group giving open-minded, helpful, safe and kind environment and atmosphere for LGBTQ+ community to discuss their successes and concerns exclusive of outside influence.

Men's Group. This group is an open forum to share ideas, concerns, and solutions specific to men.

Mosaics/Etching- In this class members practice many forms of glass art including etching, mosaics, and stained glass.

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

Poetry- Join fellow members to read and learn poetry and incorporate it in your recovery journey.

Positive Thinking- Members will have the opportunity to review positive quote from famous people and discuss how these quotes can be applied to daily lives.

Schizophrenia Alliance -join us to learn about and discuss schizophrenia and related schizoffective disorders and diagnosis for better understanding, learn the six steps for recovery and how we can diffuse stigmas and fears and offer support in recovery and wellness.

Self-Empowerment- Members have an opportunity to discuss many practical coping skills and tools which lead to self-empowerment as they recognize their own role in the recovery process.

Social Anxiety Support Group- In this group, we share our experiences with social anxiety and ways to cope with it, do some role playing to challenge ourselves while having some fun and read over some material related to social anxiety, and discuss. Open to people with any anxiety about anything!

Women's Group- This group is an open forum to share ideas, concern, and solutions specific to women.

Watercolors- Learn water color and graphite techniques from a fellow member.

Physical Groups: *Designed to promote the ability to strive for and achieve a healthy quality of life, while addressing overall member goals related to physical health, nutrition, and overall well-being.*

Basketball- Members practice basketball techniques and learn to play a team sport on a half court located on the Wellness Center campus.

Brain Health- This group discusses ways to improve one's memory and introduces practical memory techniques, overall health of the brain and what science newly discovers on brain health.

Cooking Classes- Make and share a meal with fellow members! We learn budget menus, special diets, and some gourmet meals too. Bring a recipe to share if you have a favorite.

Healthy Living- Members learn different steps, actions and strategies one puts in place to achieve optimum health.

Gardening- This class integrates the "garden" into our human culture and civilization. This class teaches members about gardening, agriculture, and how to take care of our natural resources.

Horseshoes- Members practice throwing horseshoes on a half court located on the Wellness Center campus.

Juicing- Members learn about juicing of fruit and vegetables and its health benefits.

Tai Chi- Eastern exercise, using breaths and slow movements to build energy and strength. Daily practice helpful for self-defense.

Volley Ball- Members practice volleyball skills and learn to play a team sport on a court located at the Wellness Center campus.

Walk & Talk- Members can explore local trails, lakes, parks and beaches of Orange County while learning the benefits of walking in Nature Walk, and at local attractions such as indoor and outdoor malls in Walkabout.

Yoga- Members learn basic & intermediate yoga to create balance in the body through developing strength & flexibility. All are welcome, beginners thru advanced.

Spiritual Groups: Designed to assist members with finding their own personal peace and tranquility while addressing overall member goals related to values and wellness:

Alcoholics Anonymous AA Open Meeting- This 12-Step meeting uses a traditional 12 steps model that has been expanded and developed for people with varied substance abuse issues. It provides support and social networking through community involvement while recovering from substance and alcohol abuse/dependence.

Coping Skills- Members learn techniques to better manage and how to effectively cope with daily struggles in life.

Dual Recovery Anonymous- This 12-Step group provides support and social networking through community involvement while recovering from mental illness and other issues such as substance abuse/dependence. Meets twice weekly.

Enlightenment- Members share moments in life that helped them gain wisdom, spiritual achievements, and physical progress. All are encouraged to discuss personal Ah-ha moments.

Meditation- This class helps to increase awareness of oneself through spiritual exercises like breathing and mindfulness.

NA (Narcotics Anonymous) Open meeting- Assists with finding the freedom to live your life without the use of drugs. NA is a fellowship of men and women for whom drugs had become a major problem.

Resilience- Learn the ability to bounce back, recover, develop a stronger capacity to respond to adversity and even build inner strength and boost confidence in many areas of life.

WRAP (Wellness Recovery Action Plan)- Members learn that they can identify what makes them well, and then use their own Wellness Tools to relieve difficult feelings and maintain wellness and a higher quality of life.

Social Groups: Designed to provide our members with the opportunity to establish and maintain healthy, positive and lasting relationships with their friends and families while addressing overall member goals. Some groups are indoor or outdoor recreation and/or community involvement.

Ambassador Meeting/PPSP- Combined meeting of our Wellness Center Central Peer Partner Support Program and Ambassador Program for members who wish to pass on the recovery they have experienced to assist and support other members.

American History- The members learn about American History from a knowledgeable historian. They have the opportunity to hear the history of early settlers and how their travels/experiences helped to shape our country.

Beginning Computer- This class offers an introduction to all thing's computers, from hardware to software such as the Microsoft Office. This class is open to all levels of proficiency and covers internet browsing and e-mail as well.

Bingo- Members enjoy the game of B I N G O!!!! Enjoy spending time with fellow members playing a fun game!

Chess Club- Join other members and staff to build your chess playing skills and strategies each week or learn the game from some experienced players.

Community Meeting- This important weekly meeting is for all members to learn more about the center as they get updates on the center, different activities and groups, and events that are going on in the community. Members also get to meet the staff and interact with them.

Karaoke- Members share their love for singing and connect with others through music. No singing skills required.

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

Matinee Movie/In House Cinema- Members enjoy watching movies both in the community and at the center. Members are encouraged to discuss their thoughts about these movies afterwards.

Music Academy- High quality, fun and personalized vocal and guitar lessons from an experienced professional! You may bring your own guitar if you have one.

Open Discussion- This group provides support for members to help them through their recovery, self-esteem, confidence, etc. It is also a group that discuss various subjects.

Social Hour- This group provides a great opportunity for members to come out and socialize with others through Karaoke, Wii Sports, Bingo and other games.

Tea Time- Members enjoy a traditional Tea Ceremony, learning the history of tea, the benefits of drinking tea while relaxing and socializing with one another.

Volunteerism- This group offers unique opportunities to serve others and the community. It teaches how to give back as it is an important part of the recovery.