

Wellness Center Central

Remote Tele-Groups **July** 2020

**Calendar is subject to change*

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

Temporary Hours of Operation
Monday-Friday
8:30am – 5:00pm

| Monday | Tuesday | Wednesday | Thursday | Friday | |
|--|---------|---|---|--|--|
| <div data-bbox="58 228 663 573" style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>Join us for our WebEx online groups and encourage your fellow members to join us too! Together we will maintain our well-being!</p> </div> <div data-bbox="58 662 674 1547" style="border: 2px solid red; padding: 10px;"> <p>For all groups, please call 415-655-0003 & enter the meeting number when prompted. To access groups via computer, please log on to WebEx.com & enter the meeting number under the join tab. Or download the WebEx app from the App Store on your smartphone. Call our main number 714-361-4860 if you need help.</p> </div> | | <p>1</p> <p><u>9:45-11:15</u> NAMI Connection Mtg # 924 913 007</p> <p><u>9:45-10:45</u> Member Art Expo Mtg # 922 220 677</p> <p><u>11:15-12:15</u> Community Meeting Mtg # 923 885 677</p> <p><u>12:45-1:45</u> Journaling Mtg # 145 381 0073</p> <p><u>12:45-1:45</u> WRAP Mtg # 926 223 740</p> <p><u>2:15-3:15</u> Goal Setting Mtg # 928 722 236</p> <p><u>2:15-3:15</u> PPSP/ Ambassador Meeting Mtg # 925 337 139</p> <p><u>3:45-4:45</u> Brain Health Mtg # 145 597 6558</p> <p><u>3:45-4:45</u> Poetry Mtg # 924 787 038</p> | <p>2</p> <p><u>9:45-10:45</u> Healthy Living Mtg # 922 972 100</p> <p><u>9:45-10:45</u> LGBTQ+ Support (Closed Group) Mtg # 926 513 049</p> <p><u>12:45-1:45</u> Open Discussion Mtg # 922 076 586</p> <p><u>12:45-1:45</u> Social Circle Mtg # 920 171 762</p> <p><u>2:00-3:00</u> Chat with the Director Mtg # 923 797 941</p> <p><u>2:15-3:15</u> Al-Anon Mtg # 925 711 574</p> <p><u>3:15-4:45</u> Depression Bipolar Support Alliance Mtg # 921 290 994</p> | <p>3</p> <p>CLOSED For Independence Day</p>  | <p>Have a SAFE and FUN Holiday Weekend!!</p> <div data-bbox="1396 885 2047 1550" style="border: 2px solid blue; padding: 10px; margin-top: 10px;"> <p>Please view our BLOG for fun, informative ideas and resources. If you have any suggestions, comments, or blogs to contribute, please email them to Sohail.Eftekharzadeh@pathways.com</p> <p>~ ~ ~ ~ ~</p> </div> |

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