

Wellness Center Central

Remote Tele-Groups **October** 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	
<p>Join us for our WebEx online groups and encourage your fellow members to join us too! WebEx groups will continue when on-site services return.</p>			<p>1</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>11:15-12:15</u> Fundamentals of Drawing Mtg # 145 999 4165</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>2:15-3:15</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>2</p> <p><u>9:45-10:45</u> Women's Group Mtg # 928 064 541</p> <p><u>9:45-10:45</u> Men's Group Mtg # 929 721 558</p> <p><u>11:15-12:15</u> Social Time Mtg # 929 106 584</p> <p><u>12:45-1:45</u> Positive Thinking Mtg # 923 915 446</p> <p><u>12:45-1:45</u> Enlightenment Mtg # 925 951 776</p> <p><u>2:00-3:00</u> Relapse Prevention Mtg # 145 293 8713</p> <p><u>2:15-3:15</u> Self Empowerment Mtg # 924 672 616</p> <p><u>3:30-4:30</u> Social Hour Mtg # 926 625 728</p> <p>**New Group** <u>5:00-7:00</u> Movie Night Call for Mtg #</p>	<p>Groups Continuing this month</p> <p><i>Gardening</i></p> <p><i>Yoga</i></p> <p><i>Curiosity Topics</i></p> <p><i>Schizophrenia Alliance</i></p> <p><i>Cooking</i></p> <p><i>Chess Club</i></p> <p><i>American History</i></p> <p><i>Fundamentals of Drawing</i></p> <p><i>Fundamentals of Painting</i></p> <p><i>Music Academy</i></p>
<p style="text-align: center;">ANNOUNCEMENT</p> <p style="text-align: center;">Wellness Center Central is returning to partial on-site services beginning October 12, 2020!!</p> <p style="text-align: center;">There is a maximum attendance of 15 members per session. An appointment is required to attend, so make sure to call us today!</p> <p style="text-align: center;">714-361-4860</p>					
<p style="text-align: center;"><u>Employment Support by Appointment</u> To consult with our Employment Specialist Janice, please call (657) 222-5161</p>					

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<p>5</p> <p><u>9:45-10:45</u> Dual Recovery Anonymous Mtg # 924 339 886</p> <p><u>11:15-12:15</u> Social Time Mtg # 929 106 584</p> <p><u>11:15-12:15</u> Yoga Mtg # 145 956 6880</p> <p><u>12:45-1:45</u> Meditation: Guided Imagery Mtg # 928 944 360</p> <p><u>12:45-1:45</u> Curiosity Topics Mtg # 145 711 5206</p> <p><u>2:15-3:15</u> Healthy Relationships Mtg # 924 652 716</p> <p><u>2:15-3:15</u> Coping With Anxiety Mtg # 926 492 321</p> <p><u>3:30-4:30</u> Grief Support Mtg # 145 401 3521</p> <p><u>3:30-4:30</u> Better Days Mtg # 928 705 276</p>	<p>6</p> <p><u>9:45-11:15</u> Depression Bipolar Support Alliance Mtg # 928 306 060</p> <p><u>9:45-10:45</u> Education Supports Mtg # 927 306 557</p> <p><u>11:15-12:15</u> Schizophrenia Alliance Mtg # 145 306 1246</p> <p><u>12:45-1:45</u> Let's Get Moving: Exercise Mtg # 920 587 303</p> <p><u>12:45-1:45</u> American History Mtg # 145 806 5050</p> <p><u>2:15-3:15</u> Alcoholics Anonymous Open Meeting Mtg # 925 547 538</p> <p><u>2:15-3:15</u> Nutrition 101 Mtg # 921 496 529</p> <p><u>3:30-4:45</u> Choir Mtg # 923 420 552</p>	<p>7</p> <p><u>9:45-11:15</u> NAMI Connection Mtg # 924 913 007</p> <p>**New Group**</p> <p><u>9:45-10:45</u> Let's Go...Virtual Tours 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> Cooking Mtg # 145 834 7997</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>8</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>11:15-12:15</u> Fundamentals of Painting Mtg # 145 125 7209</p> <p><u>11:15-12:15</u> Music Academy Mtg # 145 214 8937</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>2:15-3:15</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>9</p> <p><u>9:45-10:45</u> Women's Group Mtg # 928 064 541</p> <p><u>9:45-10:45</u> Men's Group Mtg # 929 721 558</p> <p><u>11:15-12:15</u> Social Time Mtg # 929 106 584</p> <p><u>12:45-1:45</u> Positive Thinking Mtg # 923 915 446</p> <p><u>12:45-1:45</u> Enlightenment Mtg # 925 951 776</p> <p><u>2:00-3:00</u> Relapse Prevention Mtg # 145 293 8713</p> <p><u>2:15-3:15</u> Self Empowerment Mtg # 924 672 616</p> <p><u>3:30-4:30</u> Social Hour Mtg # 926 625 728</p> <p>**New Group**</p> <p><u>5:00-7:00</u> Movie Night Call for Mtg #</p>	<p><i>PPSP/</i></p> <p><i>Ambassador</i></p> <p><i>Meeting</i></p> <p><i>Wednesdays</i></p> <p><i>October</i></p> <p><i>14th</i></p> <p><i>&</i></p> <p><i>28h</i></p> <p><i>2:15 pm</i></p> <p><i>To</i></p> <p><i>3:15 pm</i></p>

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<p>12</p> <p><u>9:45-10:45</u> Gardening Mtg # 145 642 9647</p> <p><u>9:45-10:45</u> Dual Recovery Anonymous Mtg # 924 339 886</p> <p><u>11:15-12:15</u> Social Time Mtg # 929 106 584</p> <p><u>11:15-12:15</u> Yoga Mtg # 145 956 6880</p> <p><u>12:45-1:45</u> Meditation: Guided Imagery Mtg # 928 944 360</p> <p><u>12:45-1:45</u> Curiosity Topics Mtg # 145 711 5206</p> <p><u>2:15-3:15</u> Healthy Relationships Mtg # 924 652 716</p> <p><u>2:15-3:15</u> Coping With Anxiety Mtg # 926 492 321</p> <p><u>3:30-4:30</u> Grief Support Mtg # 145 401 3521</p>	<p>13</p> <p><u>9:45-11:15</u> Depression Bipolar Support Alliance Mtg # 928 306 060</p> <p><u>9:45-10:45</u> Education Supports Mtg # 927 306 557</p> <p><u>11:15-12:15</u> Schizophrenia Alliance Mtg # 145 306 1246</p> <p><u>12:45-1:45</u> Let's Get Moving: Exercise Mtg # 920 587 303</p> <p><u>12:45-1:45</u> Chess Club Mtg # 145 589 7650</p> <p><u>2:15-3:15</u> Alcoholics Anonymous Open Meeting Mtg # 925 547 538</p> <p><u>2:15-3:15</u> Nutrition 101 Mtg # 921 496 529</p> <p><u>3:30-4:45</u> Choir Mtg # 923 420 552</p>	<p>14</p> <p><u>9:45-11:15</u> NAMI Connection Mtg # 924 913 007</p> <p>**New Group**</p> <p><u>9:45-10:45</u> Let's Go...Virtual Tours 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>15</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>11:15-12:15</u> Fundamentals of Drawing Mtg # 145 999 4165</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>2:15-3:15</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>16</p> <p><u>9:45-10:45</u> Women's Group Mtg # 928 064 541</p> <p><u>9:45-10:45</u> Men's Group Mtg # 929 721 558</p> <p><u>11:15-12:15</u> Social Time Mtg # 929 106 584</p> <p><u>12:45-1:45</u> Positive Thinking Mtg # 923 915 446</p> <p><u>12:45-1:45</u> Enlightenment Mtg # 925 951 776</p> <p><u>2:00-3:00</u> Relapse Prevention Mtg # 145 293 8713</p> <p><u>2:15-3:15</u> Self Empowerment Mtg # 924 672 616</p> <p><u>3:30-4:30</u> Social Hour Mtg # 926 625 728</p> <p>**New Group**</p> <p><u>5:00-7:00</u> Movie Night Call for Mtg #</p>	<p><i>Member</i></p> <p><i>Advisory</i></p> <p><i>Board</i></p> <p><i>Meeting</i> <i>(MAB)</i></p> <p><i>Friday</i></p> <p><i>9/18/2020</i></p> <p><i>11:00 am</i></p> <p><i>To</i></p> <p><i>12:30 pm</i></p>

Wellness Center Central

ONSITE Groups **October 12 to 16, 2020**

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401 S. Tustin Street # C
Orange, CA 92866
Phone: (714)361-4860
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Temporary Hours of Operation
Monday-Friday
8:30am– 5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	
12 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Depression Bipolar Support Alliance <u>10:35-10:50</u> Break <u>10:55-11:40</u> Positive Thinking <u>11:40-12:00</u> Social Time	13 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Dual Recovery Anonymous <u>10:35-10:50</u> Break <u>10:55-11:40</u> NAMI Connections <u>11:40-12:00</u> Social Time	14 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Depression Bipolar Support Alliance <u>10:35-10:50</u> Break <u>10:55-11:40</u> 12-Step Meeting <u>11:40-12:00</u> Social Time	15 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Self-Empowerment <u>10:35-10:50</u> Break <u>10:55-11:40</u> Social Anxiety Support Group <u>11:40-12:00</u> Social Time	16 <u>9:00-9:15</u> Check-In/Screenings <u>9:15-9:45</u> Ice Breaker <u>9:45-10:35</u> Coping Skills <u>10:35-10:50</u> Break <u>10:55-11:40</u> Depression Bipolar Support Alliance <u>11:40-12:00</u> Social Time	<p style="text-align: center;"><u>PLEASE NOTE:</u></p> <p style="text-align: center;"><i>Maximum Number of members for each session is 15, so make an appointment today!</i></p> <p style="text-align: center;">*****</p> <p style="text-align: center;"><i>To make an appointment to attend on site groups, or if you have questions please call our main number 714-361-4860</i></p> <p style="text-align: center;">*****</p>
12:00-1:30 WCC Closed for Cleaning	12:00-1:30 WCC Closed for Cleaning	12:00-1:30 WCC Closed for Cleaning	12:00-1:30 WCC Closed for Cleaning	12:00-1:30 WCC Closed for Cleaning	
<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Depression Bipolar Support Alliance <u>3:05-3:20</u> Break <u>3:20-4:10</u> Positive Thinking <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Dual Recovery Anonymous <u>3:05-3:20</u> Break <u>3:20-4:10</u> NAMI Connections <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Depression Bipolar Support Alliance <u>3:05-3:20</u> Break <u>3:20-4:10</u> 12-Step Meeting <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Self-Empowerment <u>3:05-3:20</u> Break <u>3:20-4:10</u> Social Anxiety Support Group <u>4:10-4:30</u> Social Time	<u>1:30-1:45</u> Check-In/Screenings <u>1:45-2:15</u> Ice Breaker <u>2:15-3:05</u> Coping Skills <u>3:05-3:20</u> Break <u>3:20-4:10</u> Depression Bipolar Support Alliance <u>4:10-4:30</u> Social Time	

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8:30am– 5:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>26</p> <p><u>9:45-10:45</u> Gardening Mtg # 145 642 9647</p> <p><u>9:45-10:45</u> Dual Recovery Anonymous Mtg # 924 339 886</p> <p><u>11:15-12:15</u> Social Time Mtg # 929 106 584</p> <p><u>11:15-12:15</u> Yoga Mtg # 145 956 6880</p> <p><u>12:45-1:45</u> Meditation: Guided Imagery Mtg # 928 944 360</p> <p><u>12:45-1:45</u> Curiosity Topics Mtg # 145 711 5206</p> <p><u>2:15-3:15</u> Healthy Relationships Mtg # 924 652 716</p> <p><u>2:15-3:15</u> Coping With Anxiety Mtg # 926 492 321</p> <p><u>3:30-4:30</u> Grief Support Mtg # 145 401 3521</p>	<p>27</p> <p><u>9:45-11:15</u> Depression Bipolar Support Alliance Mtg # 928 306 060</p> <p><u>9:45-10:45</u> Education Supports Mtg # 927 306 557</p> <p><u>11:15-12:15</u> Schizophrenia Alliance Mtg # 145 306 1246</p> <p><u>12:45-1:45</u> Let's Get Moving: Exercise Mtg # 920 587 303</p> <p><u>12:45-1:45</u> Chess Club Mtg # 145 589 7650</p> <p><u>2:15-3:15</u> Alcoholics Anonymous Open Meeting Mtg # 925 547 538</p> <p><u>2:15-3:15</u> Nutrition 101 Mtg # 921 496 529</p> <p><u>3:30-4:45</u> Choir Mtg # 923 420 552</p>	<p>28</p> <p><u>9:45-11:15</u> NAMI Connection Mtg # 924 913 007</p> <p>**New Group**</p> <p><u>9:45-10:45</u> Let's Go...Virtual Tours 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>29</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>11:15-12:15</u> Fundamentals of Drawing Mtg # 145 999 4165</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>2:15-3:15</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>30</p> <p><u>9:45-10:45</u> Women's Group Mtg # 928 064 541</p> <p><u>9:45-10:45</u> Men's Group Mtg # 929 721 558</p> <p><u>11:15-12:15</u> Social Time Mtg # 929 106 584</p> <p><u>12:45-1:45</u> Positive Thinking Mtg # 923 915 446</p> <p><u>12:45-1:45</u> Enlightenment Mtg # 925 951 776</p> <p><u>2:00-3:00</u> Relapse Prevention Mtg # 145 293 8713</p> <p><u>2:15-3:15</u> Self Empowerment Mtg # 924 672 616</p> <p><u>3:30-4:30</u> Social Hour Mtg # 926 625 728</p> <p>**New Group**</p> <p><u>5:00-7:00</u> Movie Night Call for Mtg #</p>	<p>For all groups, please call 415-655-0003 & enter the meeting number when prompted. To access groups via com- puter, 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. See our Blog at www.wellnesscenteroc.co m or call our main number</p>