

Wellness Center South November 2024

*Calendar is subject to change

Phone: (949) 528-6822 www.wellnesscentersouth.org

23072 Lake Center Dr., Suite #115 Lake Forest, CA 92630

Hours of Operation Monday, Tuesday, Thursday, Friday, Saturday 9:00 am- 5:00 pm Wednesday 9:00 am-7:00 pm

[?] Wellness and " CuleIIIIII IS SUL	Ject to chunge		0	
			1 Friday	2 Saturday
	WCS provides shuttle rides to the	Join Groups Via	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker
	members who have	Phone:	<u>10:10 am-11:00 am</u> Fundamentals of Farsi	<u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H
WELLNESS CENTER SOUTH FAMILY	transportation barriers.	Please Call: 213-338-8477 Enter the meeting num-	<u>10:10 am -12:00 pm</u> Garden & Explore	Mtg# 871 1923 5151
HAPPY	Please speak with	ber (mtg#) listed under the group when prompted.	<u>10:10 am-11:00 am</u>	Wellness Recovery Action Plan (WRAP+) <u>11:10 am -12:00 pm</u>
FRIENDSGIVING	Zakia Bashir to get information	You can also down- load the ZOOM App from the App Store or	Emotional Resilience <u>11:10 am-12:00 pm</u> Fun & Games - H	Schizophrenia Alliance - H
Friday, November 22, 2024	about WCS Transportation	Google play. Join Groups via	Mtg# 845 6764 2508 <u>11:10 am-12:00 pm</u> Love Yourself	Mtg# 817 0754 0588 <u>11:10 am -12:00 pm</u> LGBTQ+ Support
12:00 P.M 3:00 P.M.	Service and California Yellow	<u>Computer:</u> Please go to: www.zoom.com	<u>12:10 pm-1:00 pm</u> Yoga	<u>12:10 pm - 2:00 pm</u> In House Cinema
PLEASE COME AND ENJOY WITH US THE FOOD, MUSIC,	Cab Taxi rides.	& click Join a Meeting	<u>12:10 pm-1:00 pm</u> Around the World <u>1:00 pm-2:00 pm</u>	<u>12:10 pm - 1:00 pm</u> Crocheting
GRATITUDE ACTIVITY, AS WE CONTINUE TO GROW OUR COMMUNITY OF WELLNESS.	call at: 949-528-6822 Or Email	You will enter the meeting number (mtg#)	Learn Guitar <u>1:10 pm – 2:00 pm</u>	<u>1:00 pm-3:00 pm</u> NOCHE DE ALTARES, Downtown Santa Ana
Please RSVP by 11/14/2024.	Zakia.bashir@clarvida.com	<u>Listed under the</u> <u>group</u> s. 	PTSD Support <u>1:10 pm-2:00 pm</u> Water Colors	
23072 Lake Center Drive, Ste. # 115 Lake Forest, CA 92630		We value your feedback! <u>Drop off a note in person</u>	2:10 pm - 3:00 pm Sports Talk 2:10 pm-3:00 pm	<u>1:10 pm - 2:00 pm</u> Creative Hour <u>1:10 pm -2:00 pm</u>
	<u>New Group Times</u> Saturday Park Adventures	or on our website. wellnesscentersouth.org under comments &	Dual Diagnosis - H Mtg# 856 3015 2718 3:10 pm-4:30 pm	Life In Process 2:10 pm-3:00 pm OCD Support -H-
	3:10 pm-4:30 pm	suggestions Please share with us your good news, gratitude &	Music Jam <u>3:10 pm-4:00 pm</u> Self Empowerment	Mtg# 847 285 87362 3:10 pm-4:30 pm Karaoke
	H=Hybrid Group. The group	accomplishments <u>Drop off a note in per-</u> <u>son or on our website</u> under the good news, gratitude & accom-	<u>3:10 pm-4:00 pm</u> Chat with MAB (H) Mtg# 881 5469 0081 <u>4:10 pm-4:50 pm</u>	4:10 pm-4:50 pm Evening Social
	takes place both in-person and is offered online at the same time.		Evening Social	Copyright Clarvida of California, 2024, All Rights Reserved.



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Weilness and Re	Culentur 15 Sul	ject to change	Lake 1 brest, e	, 611 920 30		
4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday	9 Saturday	
<u>9:10 am -10:10 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	
10:10 am-11:00 am Emotions Anonymous Mtg# 827 3012 1326 10:10 am - 11:00 am Outdoor Fitness 11:10 am-12:00 pm Basic Spanish	<u>10:10 am - 11:00 am</u> Train For Your Best Life <u>10:30 am - 2:30 pm</u> Sherman Library & Gardens, Corona del Mar	<u>10:10 am -11:00 am</u> Yoga <u>10:10 am -11:00 am</u> Schizophrenia Alliance - H Mtg# 817 0754 0588 <u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 895 5733 6953	10:10 am - 12:00 pm Cooking 10:10 am-11:00 am Art Journaling 10:10 am -11:30 am Disc Golf	<u>10:10 am-11:00 am</u> Fundamentals of Farsi <u>10:10 am -12:00 pm</u> Garden & Explore <u>10:10 am-11:00 am</u>	10:10 am-11:00 am Depression Bipolar Support Alliance - H Mtg# 871 1923 5151 10:10 am-11:00 am Wellness Recovery Action Plan (WRAP+)	
11:10 am-12:00 pm Learning to Meditate 12:10 pm-1:00 pm Art Social		<u>12:10 pm –1:00 pm</u> Vision Board <u>1:00 pm-3:00 pm</u> Bowling	@ Deerfield Park <u>11:10 am-12:00 pm</u> Neighborhood clean up	Emotional Resilience <u>11:10 am-12:00 pm</u> Fun & Games - H Mtg# 845 6764 2508 <u>11:10 am-12:00 pm</u> Love Yourself	<u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 817 0754 0588 <u>11:10 am -12:00 pm</u>	
<u>12:10 pm-1:00 pm</u> Free Form Exercise <u>1:10 pm-2:00 pm</u> N.A.	<u>11:10 am-12:00 pm</u> A.A. <u>12:10 pm -1:00 pm</u> Fun & Games	@Saddleback Lanes Sign-up/Call @ Front Desk <u>1:10 pm - 2:00 pm</u> Men's Group - H	<u>11:10 am-12:00 pm</u> Creative Hour <u>11:10 am-12:00 pm</u> Grief Support <u>12:10 pm -1:00 pm</u>	<u>12:10 pm-1:00 pm</u> Yoga <u>12:10 pm-1:00 pm</u> Around the World	LGBTQ+ Support <u>12:10 pm - 2:00 pm</u> Role Playing Games <u>12:10 pm - 1:00 pm</u> Crocheting	
N.A. <u>1:10 pm-2:00 pm</u> Positive Thinking - H Mtg# 816 0034 3240 <u>2:10 pm-3:00 pm</u>	<u>12:10 pm -1:00 pm</u> Art & Social <u>1:10 pm – 2:00 pm</u> Whole Person Care	Mtg# 885 4922 9004 <u>1:10 pm - 2:00 pm</u> Woman's Group - H Mtg# 892 0324 5770 2:10 pm - 2:00 pm	Social Hour <u>1:10 pm-2:00 pm</u> Chair Yoga <u>1:10 pm-2:00 pm</u> Healthy Relationships - H	<u>12:30 pm-2:00 pm</u> MAB Meeting <u>1:00 pm-2:00 pm</u> Learn Guitar <u>1:10 pm – 2:00 pm</u>	<u>1:10 pm - 2:00 pm</u> Learn About Hobbies <u>1:10 pm -2:00 pm</u> Life In Process	
Coping Skills - H Mtg# 847 1888 5480 2:10 pm-3:00 pm BINGO!	<u>1:10 pm – 2:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 881 7269 7841	2:10 pm -3:00 pm Anxiety Management 2:10 pm - 3:00 pm Card Playing Games 3:10 pm - 4:00 pm	Mtg# 824 9407 9234 <u>2:10 pm-3:00 pm</u> Creative Writing	PTSD Support 1:10 pm-2:00 pm Water Colors 2:10 pm-3:00 pm	2:10 pm-3:00 pm OCD Support -H- Mtg# 847 285 87362 3:10 pm-4:30 pm	
<u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance	2:10 pm-3:00 pm Anger Management - H Mtg# 820 0635 8743	Sports Talk - H Mtg# 831 2051 4738 3:10 pm - 4:00 pm Karaoke	2:10 pm – 3:00 pm Aging Gracefully 3:10 pm–4:00 pm Depression Bipolar Support Alliance - H	Sports Talk <u>2:10 pm-3:00 pm</u> Dual Diagnosis - H Mtg# 856 3015 2718 <u>3:10 pm-4:30 pm</u>	Karaoke <u>3:10 pm - 4:30 pm</u> Park Adventures	
<u>4:10 pm-4:50 pm</u> Evening Social Copyright Clarvida of California, 2024, All Rights Reserved.	3:10 pm - 4:00 pm Art Doodling 4:10 pm-4:50 pm Evening Social	<u>4:10 pm - 5:20 pm</u> Music Jam <u>5:30 pm - 6:45 pm</u> NAMI Connections	Mtg# 871 1923 5151 4:10 pm-4:50 pm Evening Social	Music Jam <u>3:10 pm-4:00 pm</u> Self Empowerment <u>4:10 pm-4:50 pm</u> Evening Social	4:10 pm-4:50 pm Evening Social H=Hybrid Group. The group takes place both in-person and is offered online at the same time.	



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		ee ee entange			
11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday	16 Saturday
	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker
1	<u>10:10 am - 11:00 am</u> Train For Your Best Life <u>10:10 am - 2:30 pm</u>	<u>10:10 am -11:00 am</u> Yoga <u>10:10 am -11:00 am</u> Schizophrenia Alliance - H Mtg# 817 0754 0588	10:10 am - 12:00 pm Cooking 10:10 am-11:00 am Art Journaling	<u>10:10 am-11:00 am</u> Fundamentals of Farsi <u>10:10 am -12:00 pm</u> Garden & Explore	<u>9:00 am - 1:00 pm</u> NAMI Walk, Angel Stadium
In Honor of Veterans Day	Social Outing@	<u>11:10 am –12:00 pm</u> Community Meeting –H Mtg# 895 5733 6953	10:10 am -11:30 am Disc Golf @ Deerfield Park 11:10 am-12:00 pm Neighborhood clean up	<u>10:10 am-11:00 am</u> Emotional Resilience <u>11:10 am-12:00 pm</u> Fun & Games - H	<u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H
WCS will be closed on Monday, November 11, 2024.	11:10 am-12:00 pm	<u>12:00 pm - 1:00 pm</u> Wednesday Walk to Lunch: Taqueria de Anda	<u>11:10 am-12:00 pm</u> Creative Hour <u>11:10 am-12:00 pm</u> Grief Support	Mtg# 845 6764 2508 <u>11:10 am-12:00 pm</u> Love Yourself <u>12:10 pm-1:00 pm</u>	Mtg# 871 1923 5151 <u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 817 0754 0588
HAPPY Veterans day	A.A. <u>12:10 pm -1:00 pm</u> Fun & Games	<u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 885 4922 9004	<u>12:10 pm –1:00 pm</u> Social Hour <u>1:10 pm-2:00 pm</u> Chair Yoga	Yoga <u>12:10 pm-1:00 pm</u> Around the World <u>1:00 pm-2:00 pm</u>	<u>11:10 am -12:00 pm</u> LGBTQ+ Support <u>12:10 pm - 2:00 pm</u>
	<u>12:10 pm -1:00 pm</u> Art & Social <u>1:10 pm - 2:00 pm</u> Whole Person Care	<u>1:10 pm - 2:00 pm</u> Woman's Group - H Mtg# 892 0324 5770 <u>2:10 pm -3:00 pm</u>	<u>1:10 pm-2:00 pm</u> Healthy Relationships - H Mtg# 824 9407 9234	Learn Guitar <u>1:10 pm – 2:00 pm</u> PTSD Support 1:10 pm-2:00 pm	Role Playing Games <u>12:10 pm - 1:00 pm</u> Crocheting <u>1:10 pm - 2:00 pm</u>
	<u>1:10 pm – 2:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 881 7269 7841	Anxiety Management 2:10 pm – 3:00 pm Card Playing Games	<u>1:45 pm - 3:30 pm</u> JOB CLUB 2:10 pm-3:00 pm	Water Colors 2:10 pm-3:00 pm Sports Talk 2:10 pm-3:00 pm	Creative Hour <u>1:10 pm -2:00 pm</u> Life In Process <u>2:10 pm-3:00 pm</u>
	2:10 pm-3:00 pm Anger Management - H Mtg# 820 0635 8743	3:10 pm - 4:00 pm Sports Talk - H Mtg# 831 2051 4738 3:10 pm - 4:00 pm	Creative Writing 2:10 pm – 3:00 pm Aging Gracefully 3:10 pm–4:00 pm	Dual Diagnosis - H Mtg# 856 3015 2718 3:10 pm-4:30 pm	OCD Support -H- Mtg# 847 285 87362 3:10 pm-4:30 pm
J-Hubrid Crown The group	<u>3:10 pm - 4:00 pm</u> Art Doodling <u>4:10 pm-4:50 pm</u>	Karaoke <u>4:10 pm - 5:20 pm</u> Music Jam	Depression Bipolar Support Alliance - H Mtg# 871 1923 5151	Music Jam <u>3:10 pm-4:00 pm</u> Self Empowerment <u>4:10 pm-4:50 pm</u>	Karaoke <u>4:10 pm-4:50 pm</u> Evening Social
H=Hybrid Group. The group akes place both in-person and is offered online at the same time.	Evening Social	<u>5:30 pm - 6:45 pm</u> NAMI Connections	<u>4:10 pm-4:50 pm</u> Evening Social	Evening Social	Copyright Clarvida of California, 2024 All Rights Reserved.



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Wellness and Rev	*Calendar is subjec	t to change	Lake Polesi, CA 92030		
18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday	23 Saturday
<u>9:10 am -10:10 am</u> Morning Icebreaker	<u>9:10 am -10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker
10:10 am-11:00 am Emotions Anonymous Mtg# 827 3012 1326 10:10 am - 11:00 am Outdoor Fitness 11:10 am-12:00 pm Basic Spanish	<u>10:10 am – 11:00 am</u> Train For Your Best Life <u>11:00 am - 2:30 pm</u> Moulton Museum, Laguna Hills	<u>10:10 am-11:00 am</u> Yoga <u>10:10 am -11:00 am</u> Schizophrenia Alliance - H Mtg# 817 0754 0588 <u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 895 5733 6953	PAC Meeting <u>10:00 am -12:00 pm</u> OCHCA Prevention Community Service and Support (CSS) Overview	<u>10:10 am-11:00 am</u> Fundamentals of Farsi <u>10:10 am-11:00 am</u> Emotional Resilience <u>11:10 am-12:00 pm</u> Fun & Games - H Mtg# 845 6764 2508	10:10 am-11:00 amDepression BipolarSupport Alliance - HMtg# 871 1923 515110:10 am-11:00 amWellness RecoveryAction Plan (WRAP+)11:10 am -12:00 pm
<u>11:10 am-12:00 pm</u> Learning to Meditate		<u>12:10 pm –1:00 pm</u> Vision Board	11:00 am - 2:30 pm	<u>11:10 am-12:00 pm</u> Love Yourself	Schizophrenia Alliance - H
<u>11:30 am-12:30 pm</u> New Lung <u>12:10 pm-1:00 pm</u>	<u>11:10 am-12:00 pm</u> A.A. 12:10 pm -1:00 pm	<u>12:30 pm - 3:30 pm</u> Thanksgiving Luncheon, Wellness Center West	Gratitude Feast, Wellness Center Central	3 4 4 K	Mtg# 817 0754 0588 <u>11:10 am -12:00 pm</u> LGBTQ+ Support
Art Social <u>12:10 pm-1:00 pm</u> Free Form Exercise	Fun & Games 12:10 pm -1:00 pm Art & Social	weiniess center west	<u>12:10 pm –1:00 pm</u>	We look forward to	<u>12:10 pm - 2:00 pm</u> Role Playing Games <u>12:10 pm - 1:00 pm</u> Crocheting
1:10 pm-2:00 pm N.A. 1:10 pm-2:00 pm Positive Thinking - H Mtg# 816 0034 3240	<u>1:10 pm –2:00 pm</u> Whole Person Care <u>1:10 pm-2:00 pm</u> Laughter Yoga	<u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 885 4922 9004 <u>1:10 pm - 2:00 pm</u>	Social Hour <u>1:00 pm-2:00 pm</u> Benefits Workshop With Dung Le-OC HCA. <u>1:10 pm-2:00 pm</u>	We look forward to see you at WCS FRIENDSGIVING	1:10 pm - 2:00 pm Learn About Hobbies 1:10 pm -2:00 pm Life In Process
2:10 pm-3:00 pm Coping Skills - H Mtg# 847 1888 5480 2:10 pm-3:00 pm	<u>1:10 pm – 2:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 881 7269 7841	Woman's Group - H Mtg# 892 0324 5770 2:10 pm -3:00 pm Anxiety Management 2:10 pm - 3:00 pm	Chair Yoga <u>1:10 pm-2:00 pm</u> Healthy Relationships - Mtg# 824 9407 9234		2:10 pm-3:00 pm OCD Support -H- Mtg# 847 285 87362 3:10 pm-4:30 pm
BINGO! <u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance	<u>2:10 pm-3:00 pm</u> Anger Management - H Mtg# 820 0635 8743	Card Playing Games <u>3:10 pm - 4:00 pm</u> Sports Talk - H Mtg# 831 2051 4738	2:10 pm-3:00 pm Creative Writing 2:10 pm – 3:00 pm Aging Gracefully	3:10 pm-4:30 pm	Karaoke <u>3:10 pm - 4:30 pm</u> Park Adventures
4:10 pm-4:50 pm Evening Social H=Hybrid Group. The	3:10 pm - 4:00 pm Art Doodling 4:10 pm-4:50 pm Evening Social	3:10 pm - 4:00 pm Karaoke 4:10 pm - 5:20 pm Music Jam	3:10 pm-4:00 pm Depression Bipolar Support Alliance - H Mtg# 871 1923 5151	Music Jam <u>3:10 pm-4:00 pm</u> Self Empowerment <u>4:10 pm-4:50 pm</u>	4:10 pm-4:50 pm Evening Social
group takes place both in- person and is offered online at the same time.		<u>5:30 pm - 6:45 pm</u> NAMI Connections	4:10 pm-4:50 pm Evening Social	Evening Social	Copyright Clarvida of California, 2024, All Rights Reserved.



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Wen Wellness and Rea	*Calendar is subject	to change	Lake Forest, C	e Forest, CA 92030		
25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday	30 Saturday	
<u>9:10 am -10:10 am</u>	<u>9:10 am - 10:00 am</u>	<u>9:10 am - 10:00 am</u>			<u>9:10 am - 10:00 am</u>	
Morning Icebreaker	Morning Icebreaker	Morning Icebreaker			Morning Icebreaker	
10:10 am-11:00 am	<u>10:10 am – 11:00 am</u>	10:10 am-11:00 am			10:10 am-11:00 am	
Emotions Anonymous	Train For Your Best Life	Yoga			Depression Bipolar	
Mtg# 827 3012 1326		<u>10:10 am -11:00 am</u>			Support Alliance - H	
<u>10:10 am – 11:00 am</u>	<u>10:10 am - 2:30 pm</u>	Schizophrenia Alliance - H			Mtg# 871 1923 5151	
Outdoor Fitness	Social Outing@	Mtg# 817 0754 0588	🖉 🥗 Dear WCS	Members 🤺 🗼		
<u>11:10 am-12:00 pm</u>		<u>11:10 am -12:00 pm</u> Community Meeting -H			<u>10:10 am-11:00 am</u>	
Basic Spanish		Mtg# 895 5733 6953	In obser	vation of	Wellness Recovery Action Plan (WRAP+)	
-		<u>12:10 pm –1:00 pm</u>	Thenkeriving		Action Plan (WRAP+)	
<u>11:10 am-12:00 pm</u>		Vision Board		g, WCS will be 🛛 🏸	<u>11:10 am -12:00 pm</u>	
Learning to Meditate			closed on Nov	$^{\prime}$ ember 28 and $^{\prime}$	Schizophrenia	
<u>12:10 pm-1:00 pm</u>		<u>1:00 pm-3:00 pm</u>			Alliance - H	
Art Social	<u>11:10 am-12:00 pm</u>	Bowling	2 9, 2	2024.	Mtg# 817 0754 0588	
	A.A.	@Saddleback Lanes	Mawich v		<u>12:10 pm - 1:00 pm</u>	
<u>12:10 pm-1:00 pm</u> Free Form Exercise	<u>12:10 pm -1:00 pm</u>	Sign-up/Call @ Front Desk	vve wish yc	ou and your	Art & Social	
	Fun & Games <u>1:10 pm – 2:00 pm</u>		families	а Нарру		
<u>1:10 pm-2:00 pm</u> N.A.	Whole Person Care	<u>1:10 pm - 2:00 pm</u>			<u>1:10 pm - 2:00 pm</u> Learn About Hobbies	
	<u>1:10 pm-2:00 pm</u>	Men's Group - H	Thanksgivi	ng and safe 🛛 🔊 🔊	Learn About Hobbles	
<u>1:10 pm-2:00 pm</u>	Laughter Yoga	Mtg# 885 4922 9004	L Holi	iday	<u>1:10 pm -2:00 pm</u>	
Positive Thinking - H Mtg# 816 0034 3240	<u>1:10 pm – 2:00 pm</u>	<u>1:10 pm - 2:00 pm</u>		iday.	Life In Process	
	Boundaries/	Woman's Group - H				
<u>2:10 pm-3:00 pm</u>	Co-Dependency - H Mtg# 881 7269 7841	Mtg# 892 0324 5770	S//&	51	<u>2:10 pm-3:00 pm</u>	
Coping Skills - H Mtg# 847 1888 5480	<u>2:10 pm-3:00 pm</u>	<u>2:10 pm –3:00 pm</u>			OCD Support -H- Mtg# 847 285 87362	
Mtg# 047 1000 5400	Anger	Anxiety Management			Mtg# 047 203 07302	
<u>2:10 pm-3:00 pm</u>	Management - H	<u>2:10 pm – 3:00 pm</u>	THANK		<u>3:10 pm-4:30 pm</u>	
BINGO!	Mtg# 820 0635 8743	Card Playing Games	IMANK	SGIVING	Karaoke	
<u>3:10 pm-4:00 pm</u>		<u>3:10 pm - 4:00 pm</u>				
Depression Bipolar	<u>2:30 - 4:30</u>	Sports Talk - H			<u>4:10 pm-4:50 pm</u>	
Support Alliance	SCO Monthly	Mtg# 831 2051 4738			Evening Social	
<u>4:10 pm-4:50 pm</u>	Food Distribution	<u>3:10 pm - 4:00 pm</u>				
Evening Social		Karaoke				
5	<u>3:10 pm - 4:00 pm</u>	<u>4:10 pm - 5:20 pm</u>		× × ×		
	Art Doodling	Music Jam <u>5:30 pm - 6:45 pm</u>				
Copyright Clarvida of California,	<u>4:10 pm-4:50 pm</u>	NAMI Connections			H=Hybrid <i>Group</i> . The group takes place both in-person and is	
2024, All Rights Reserved.	Evening Social			and a factor	offered online at the same time.	
				I		