



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

				1 Friday	2 Saturday				
 <p>WELLNESS CENTER SOUTH FAMILY</p> <h2>HAPPY FRIENDSGIVING</h2> <p>Friday, November 22, 2024 12:00 P.M. - 3:00 P.M.</p> <p>PLEASE COME AND ENJOY WITH US THE FOOD, MUSIC, GRATITUDE ACTIVITY, AS WE CONTINUE TO GROW OUR COMMUNITY OF WELLNESS.</p> <p>Please RSVP by 11/14/2024.</p> <p> 23072 Lake Center Drive, Ste. # 115 Lake Forest, CA 92630</p> <p>FOR MORE INFO, CALL: 949-528-6822</p>  		<p>WCS provides shuttle rides to the members who have transportation barriers.</p> <p>Please speak with Zakia Bashir to get information about WCS Transportation Service and California Yellow Cab Taxi rides.</p> <p>call at: 949-528-6822 Or Email Zakia.bashir@clarvida.com</p> <hr/> <p><u>New Group Times</u></p> <p>Saturday Park Adventures 3:10 pm-4:30 pm</p> <p>H=Hybrid Group. The group takes place both in-person and is offered online at the same time.</p>		<p><u>Join Groups Via Phone:</u></p> <p>Please Call: 213-338-8477 Enter the meeting number (mtg#) listed under the group when prompted. You can also download the ZOOM App from the App Store or Google play.</p> <p><u>Join Groups via Computer:</u></p> <p>Please go to: www.zoom.com & click Join a Meeting You will enter the meeting number (mtg#) <u>Listed under the groups.</u></p> <hr/> <p>We value your feedback!</p> <p><u>Drop off a note in person or on our website.</u></p> <p>wellnesscentersouth.org</p> <p>under comments & suggestions</p> <p>Please share with us your good news, gratitude & accomplishments <u>Drop off a note in person or on our website under the good news, gratitude & accom-</u></p>		<p>9:10 am - 10:00 am Morning Icebreaker</p> <p>10:10 am-11:00 am Fundamentals of Farsi</p> <div style="border: 2px solid red; padding: 5px; margin: 5px 0;"> <p>10:10 am -12:00 pm Garden & Explore</p> </div> <p>10:10 am-11:00 am Emotional Resilience</p> <p>11:10 am-12:00 pm Fun & Games - H Mtg# 845 6764 2508</p> <p>11:10 am-12:00 pm Love Yourself</p> <p>12:10 pm-1:00 pm Yoga</p> <p>12:10 pm-1:00 pm Around the World</p> <p>1:00 pm-2:00 pm Learn Guitar</p> <p>1:10 pm - 2:00 pm PTSD Support</p> <p>1:10 pm-2:00 pm Water Colors</p> <p>2:10 pm - 3:00 pm Sports Talk</p> <p>2:10 pm-3:00 pm Dual Diagnosis - H Mtg# 856 3015 2718</p> <p>3:10 pm-4:30 pm Music Jam</p> <p>3:10 pm-4:00 pm Self Empowerment</p> <p>3:10 pm-4:00 pm Chat with MAB (H) Mtg# 881 5469 0081</p> <p>4:10 pm-4:50 pm Evening Social</p>		<p>9:10 am - 10:00 am Morning Icebreaker</p> <p>10:10 am-11:00 am Depression Bipolar Support Alliance - H Mtg# 871 1923 5151</p> <p>10:10 am-11:00 am Wellness Recovery Action Plan (WRAP+)</p> <p>11:10 am -12:00 pm Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p>11:10 am -12:00 pm LGBTQ+ Support</p> <p>12:10 pm - 2:00 pm In House Cinema</p> <p>12:10 pm - 1:00 pm Crocheting</p> <div style="border: 2px solid red; padding: 5px; margin: 5px 0;"> <p>1:00 pm-3:00 pm NOCHE DE ALTARES, Downtown Santa Ana</p> </div> <p>1:10 pm - 2:00 pm Creative Hour</p> <p>1:10 pm -2:00 pm Life In Process</p> <p>2:10 pm-3:00 pm OCD Support -H- Mtg# 847 285 87362</p> <p>3:10 pm-4:30 pm Karaoke</p> <p>4:10 pm-4:50 pm Evening Social</p>	



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11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday	16 Saturday
 <p>In Honor of Veterans Day WCS will be closed on Monday, November 11, 2024.</p> <p>HAPPY VETERANS DAY</p> 	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p>10:10 am - 11:00 am Train For Your Best Life</p> <div style="border: 2px solid red; padding: 5px; background-color: yellow; margin: 10px 0;"> <p>10:10 am - 2:30 pm Social Outing@</p>  </div> <p>11:10 am-12:00 pm A.A.</p> <p>12:10 pm -1:00 pm Fun & Games</p> <p>12:10 pm -1:00 pm Art & Social</p> <p>1:10 pm - 2:00 pm Whole Person Care</p> <p>1:10 pm - 2:00 pm Boundaries/ Co-Dependency - H Mtg# 881 7269 7841</p> <p>2:10 pm-3:00 pm Anger Management - H Mtg# 820 0635 8743</p> <p>3:10 pm - 4:00 pm Art Doodling</p> <p>4:10 pm-4:50 pm Evening Social</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p>10:10 am -11:00 am Yoga</p> <p>10:10 am -11:00 am Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p>11:10 am -12:00 pm Community Meeting -H Mtg# 895 5733 6953</p> <div style="border: 2px solid red; padding: 5px; background-color: yellow; margin: 10px 0;"> <p>12:00 pm - 1:00 pm Wednesday Walk to Lunch: Taqueria de Anda</p>  </div> <p>1:10 pm - 2:00 pm Men's Group - H Mtg# 885 4922 9004</p> <p>1:10 pm - 2:00 pm Woman's Group - H Mtg# 892 0324 5770</p> <p>2:10 pm -3:00 pm Anxiety Management</p> <p>2:10 pm - 3:00 pm Card Playing Games</p> <p>3:10 pm - 4:00 pm Sports Talk - H Mtg# 831 2051 4738</p> <p>3:10 pm - 4:00 pm Karaoke</p> <p>4:10 pm - 5:20 pm Music Jam</p> <p>5:30 pm - 6:45 pm NAMI Connections</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p>10:10 am - 12:00 pm Cooking</p> <p>10:10 am-11:00 am Art Journaling</p> <div style="border: 2px solid red; padding: 5px; background-color: yellow; margin: 10px 0;"> <p>10:10 am -11:30 am Disc Golf @ Deerfield Park</p> </div> <p>11:10 am-12:00 pm Neighborhood clean up</p> <p>11:10 am-12:00 pm Creative Hour</p> <p>11:10 am-12:00 pm Grief Support</p> <p>12:10 pm -1:00 pm Social Hour</p> <p>1:10 pm-2:00 pm Chair Yoga</p> <p>1:10 pm-2:00 pm Healthy Relationships - H Mtg# 824 9407 9234</p> <div style="border: 2px solid red; padding: 5px; background-color: yellow; margin: 10px 0;"> <p>1:45 pm - 3:30 pm JOB CLUB</p>  </div> <p>2:10 pm-3:00 pm Creative Writing</p> <p>2:10 pm - 3:00 pm Aging Gracefully</p> <p>3:10 pm-4:00 pm Depression Bipolar Support Alliance - H Mtg# 871 1923 5151</p> <p>4:10 pm-4:50 pm Evening Social</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p>10:10 am-11:00 am Fundamentals of Farsi</p> <div style="border: 2px solid red; padding: 5px; background-color: yellow; margin: 10px 0;"> <p>10:10 am -12:00 pm Garden & Explore</p> </div> <p>10:10 am-11:00 am Emotional Resilience</p> <p>11:10 am-12:00 pm Fun & Games - H Mtg# 845 6764 2508</p> <p>11:10 am-12:00 pm Love Yourself</p> <p>12:10 pm-1:00 pm Yoga</p> <p>12:10 pm-1:00 pm Around the World</p> <p>1:00 pm-2:00 pm Learn Guitar</p> <p>1:10 pm - 2:00 pm PTSD Support</p> <p>1:10 pm-2:00 pm Water Colors</p> <p>2:10 pm-3:00 pm Sports Talk</p> <p>2:10 pm-3:00 pm Dual Diagnosis - H Mtg# 856 3015 2718</p> <p>3:10 pm-4:30 pm Music Jam</p> <p>3:10 pm-4:00 pm Self Empowerment</p> <p>4:10 pm-4:50 pm Evening Social</p>	<div style="border: 2px solid red; padding: 5px; background-color: yellow; margin: 10px 0;"> <p>9:00 am - 1:00 pm NAMI Walk, Angel Stadium</p> </div> <p>10:10 am-11:00 am Depression Bipolar Support Alliance - H Mtg# 871 1923 5151</p> <p>11:10 am -12:00 pm Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p>11:10 am -12:00 pm LGBTQ+ Support</p> <p>12:10 pm - 2:00 pm Role Playing Games</p> <p>12:10 pm - 1:00 pm Crocheting</p> <p>1:10 pm - 2:00 pm Creative Hour</p> <p>1:10 pm -2:00 pm Life In Process</p> <p>2:10 pm-3:00 pm OCD Support -H- Mtg# 847 285 87362</p> <p>3:10 pm-4:30 pm Karaoke</p> <p>4:10 pm-4:50 pm Evening Social</p>



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<p>9:10 am -10:10 am Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Emotions Anonymous Mtg# 827 3012 1326</p> <p><u>10:10 am - 11:00 am</u> Outdoor Fitness</p> <p><u>11:10 am-12:00 pm</u> Basic Spanish</p> <p><u>11:10 am-12:00 pm</u> Learning to Meditate</p> <p><u>11:30 am-12:30 pm</u> New Lung</p> <p><u>12:10 pm-1:00 pm</u> Art Social</p> <p><u>12:10 pm-1:00 pm</u> Free Form Exercise</p> <p><u>1:10 pm-2:00 pm</u> N.A.</p> <p><u>1:10 pm-2:00 pm</u> Positive Thinking - H Mtg# 816 0034 3240</p> <p><u>2:10 pm-3:00 pm</u> Coping Skills - H Mtg# 847 1888 5480</p> <p><u>2:10 pm-3:00 pm</u> BINGO!</p> <p><u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p> <p>H=Hybrid Group. The group takes place both in-person and is offered online at the same time.</p>	<p>9:10 am -10:00 am Morning Icebreaker</p> <p><u>10:10 am - 11:00 am</u> Train For Your Best Life</p> <div style="border: 2px solid red; border-radius: 15px; padding: 10px; text-align: center;"> <p><u>11:00 am - 2:30 pm</u> Moulton Museum, Laguna Hills</p> </div> <p><u>11:10 am-12:00 pm</u> A.A.</p> <p><u>12:10 pm -1:00 pm</u> Fun & Games</p> <p><u>12:10 pm -1:00 pm</u> Art & Social</p> <p><u>1:10 pm -2:00 pm</u> Whole Person Care</p> <p><u>1:10 pm-2:00 pm</u> Laughter Yoga</p> <p><u>1:10 pm - 2:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 881 7269 7841</p> <p><u>2:10 pm-3:00 pm</u> Anger Management - H Mtg# 820 0635 8743</p> <p><u>3:10 pm - 4:00 pm</u> Art Doodling</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Yoga</p> <p><u>10:10 am -11:00 am</u> Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p><u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 895 5733 6953</p> <p><u>12:10 pm -1:00 pm</u> Vision Board</p> <div style="border: 2px solid red; border-radius: 15px; padding: 10px; text-align: center;"> <p><u>12:30 pm - 3:30 pm</u> Thanksgiving Luncheon, Wellness Center West</p>  </div> <p><u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 885 4922 9004</p> <p><u>1:10 pm - 2:00 pm</u> Woman's Group - H Mtg# 892 0324 5770</p> <p><u>2:10 pm -3:00 pm</u> Anxiety Management</p> <p><u>2:10 pm - 3:00 pm</u> Card Playing Games</p> <p><u>3:10 pm - 4:00 pm</u> Sports Talk - H Mtg# 831 2051 4738</p> <p><u>3:10 pm - 4:00 pm</u> Karaoke</p> <p><u>4:10 pm - 5:20 pm</u> Music Jam</p> <p><u>5:30 pm - 6:45 pm</u> NAMI Connections</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <div style="border: 2px solid red; border-radius: 15px; padding: 10px; text-align: center;"> <p>PAC Meeting</p> <p><u>10:00 am -12:00 pm</u> OCHCA Prevention Community Service and Support (CSS) Overview</p> </div> <div style="border: 2px solid red; border-radius: 15px; padding: 10px; text-align: center;"> <p><u>11:00 am - 2:30 pm</u> Gratitude Feast, Wellness Center Central</p>  </div> <p><u>12:10 pm -1:00 pm</u> Social Hour</p> <p><u>1:00 pm-2:00 pm</u> Benefits Workshop With Dung Le-OC HCA.</p> <p><u>1:10 pm-2:00 pm</u> Chair Yoga</p> <p><u>1:10 pm-2:00 pm</u> Healthy Relationships - Mtg# 824 9407 9234</p> <p><u>2:10 pm-3:00 pm</u> Creative Writing</p> <p><u>2:10 pm - 3:00 pm</u> Aging Gracefully</p> <p><u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Fundamentals of Farsi</p> <p><u>10:10 am-11:00 am</u> Emotional Resilience</p> <p><u>11:10 am-12:00 pm</u> Fun & Games - H Mtg# 845 6764 2508</p> <p><u>11:10 am-12:00 pm</u> Love Yourself</p> <div style="border: 2px solid red; border-radius: 15px; padding: 10px; text-align: center;"> <p><u>12:00PM - 3:00PM</u> We look forward to see you at WCS</p> <p>FRIENDSGIVING FEAST</p>  </div> <p><u>3:10 pm-4:30 pm</u> Music Jam</p> <p><u>3:10 pm-4:00 pm</u> Self Empowerment</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151</p> <p><u>10:10 am-11:00 am</u> Wellness Recovery Action Plan (WRAP+)</p> <p><u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p><u>11:10 am -12:00 pm</u> LGBTQ+ Support</p> <p><u>12:10 pm - 2:00 pm</u> Role Playing Games</p> <p><u>12:10 pm - 1:00 pm</u> Crocheting</p> <p><u>1:10 pm - 2:00 pm</u> Learn About Hobbies</p> <p><u>1:10 pm -2:00 pm</u> Life In Process</p> <p><u>2:10 pm-3:00 pm</u> OCD Support -H- Mtg# 847 285 87362</p> <p><u>3:10 pm-4:30 pm</u> Karaoke</p> <div style="border: 2px solid red; border-radius: 15px; padding: 10px; text-align: center;"> <p><u>3:10 pm - 4:30 pm</u> Park Adventures</p> </div> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>



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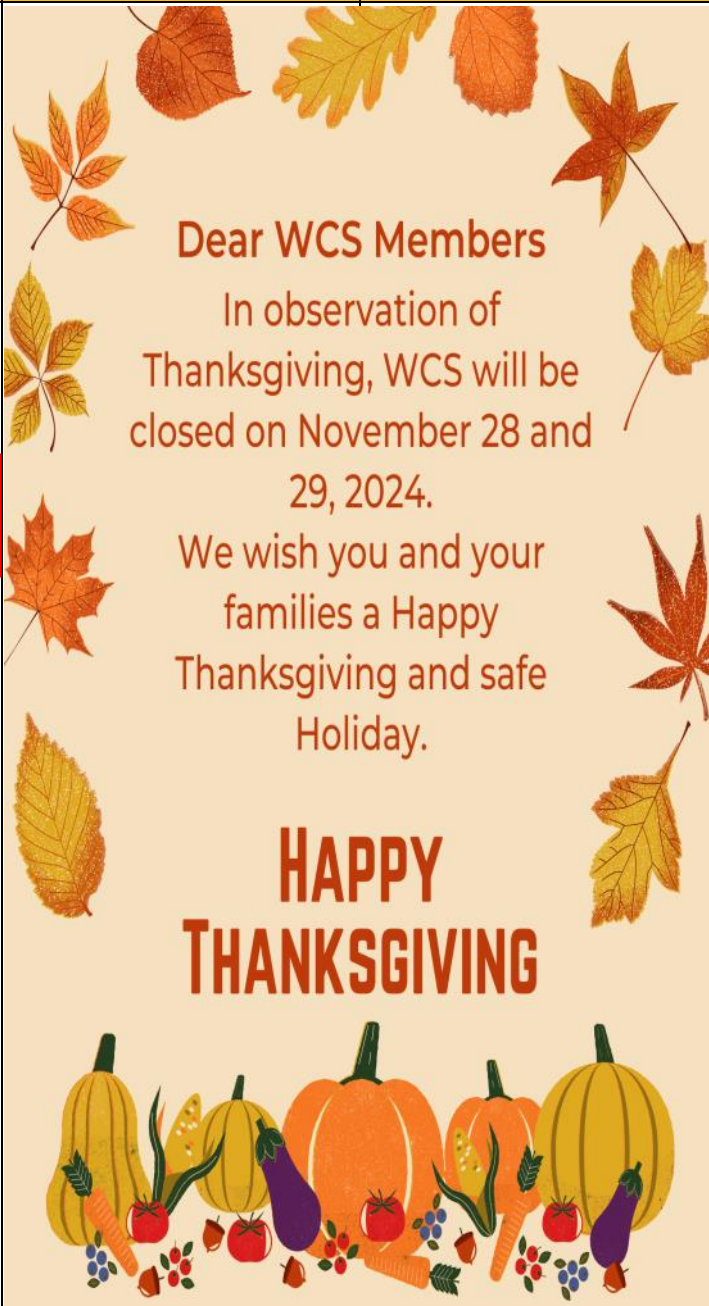
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Wednesday 9:00 am-7:00 pm

25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday	30 Saturday
<p>9:10 am -10:10 am Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Emotions Anonymous Mtg# 827 3012 1326</p> <p><u>10:10 am – 11:00 am</u> Outdoor Fitness</p> <p><u>11:10 am-12:00 pm</u> Basic Spanish</p> <p><u>11:10 am-12:00 pm</u> Learning to Meditate</p> <p><u>12:10 pm-1:00 pm</u> Art Social</p> <p><u>12:10 pm-1:00 pm</u> Free Form Exercise</p> <p><u>1:10 pm-2:00 pm</u> N.A.</p> <p><u>1:10 pm-2:00 pm</u> Positive Thinking - H Mtg# 816 0034 3240</p> <p><u>2:10 pm-3:00 pm</u> Coping Skills - H Mtg# 847 1888 5480</p> <p><u>2:10 pm-3:00 pm</u> BINGO!</p> <p><u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p><u>10:10 am – 11:00 am</u> Train For Your Best Life</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p><u>10:10 am - 2:30 pm</u> Social Outing@</p>  </div> <p><u>11:10 am-12:00 pm</u> A.A.</p> <p><u>12:10 pm -1:00 pm</u> Fun & Games</p> <p><u>1:10 pm – 2:00 pm</u> Whole Person Care</p> <p><u>1:10 pm-2:00 pm</u> Laughter Yoga</p> <p><u>1:10 pm – 2:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 881 7269 7841</p> <p><u>2:10 pm-3:00 pm</u> Anger Management - H Mtg# 820 0635 8743</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p><u>2:30 - 4:30</u> SCO Monthly Food Distribution</p> </div> <p><u>3:10 pm - 4:00 pm</u> Art Doodling</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Yoga</p> <p><u>10:10 am -11:00 am</u> Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p><u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 895 5733 6953</p> <p><u>12:10 pm -1:00 pm</u> Vision Board</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p><u>1:00 pm-3:00 pm</u> Bowling @Saddleback Lanes Sign-up/Call @ Front Desk</p> </div> <p><u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 885 4922 9004</p> <p><u>1:10 pm - 2:00 pm</u> Woman's Group - H Mtg# 892 0324 5770</p> <p><u>2:10 pm -3:00 pm</u> Anxiety Management</p> <p><u>2:10 pm – 3:00 pm</u> Card Playing Games</p> <p><u>3:10 pm - 4:00 pm</u> Sports Talk - H Mtg# 831 2051 4738</p> <p><u>3:10 pm - 4:00 pm</u> Karaoke</p> <p><u>4:10 pm - 5:20 pm</u> Music Jam</p> <p><u>5:30 pm - 6:45 pm</u> NAMI Connections</p>	 <p>Dear WCS Members</p> <p>In observation of Thanksgiving, WCS will be closed on November 28 and 29, 2024.</p> <p>We wish you and your families a Happy Thanksgiving and safe Holiday.</p> <p>HAPPY THANKSGIVING</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151</p> <p><u>10:10 am-11:00 am</u> Wellness Recovery Action Plan (WRAP+)</p> <p><u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p><u>12:10 pm - 1:00 pm</u> Art & Social</p> <p><u>1:10 pm - 2:00 pm</u> Learn About Hobbies</p> <p><u>1:10 pm -2:00 pm</u> Life In Process</p> <p><u>2:10 pm-3:00 pm</u> OCD Support -H- Mtg# 847 285 87362</p> <p><u>3:10 pm-4:30 pm</u> Karaoke</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	