

# Wellness Center South

## Group Descriptions

- Emotional Groups:** Designed to aid members in establishing their ability to cope and understand themselves, while addressing overall member goals related to advocacy and recovery.
- Aging Gracefully:** This group welcomes Members of any age. The lively discussion is prompted by our readings from the book, "Who Do You Want to Be When You Grow Old? The Path Purposeful Aging" by Leider and Shapiro.
- Anxiety Management:** Members will learn how to calm their minds, reduce stress, and increase self-care.
- Anger Management:** Members will learn how to reduce both your emotional feelings and the physiological arousal that anger causes. You can't get rid of, or avoid, the things or the people that enrage you, nor can you change them, but you can learn to control your reactions.
- Art Journaling:** Members will be given a prompt and art supplies to express themselves in a healthy, caring and safe environment.
- Boundaries/Co-Dependency:** Members will learn the tools to create and set healthy boundaries with self and others. This group will also increase assertiveness.
- Creative Writing:** Join fellow members to create and share your ideas in writing form using prompts and imagery.
- Coping Skills:** Members learn techniques to better manage life stressor and how to cope with daily struggles that life may bring .
- DBSA (Depression, Bipolar Support Alliance):** DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.
- Education Support:** This class provides support and assistance to members interested in seeking an education. If you have been thinking about going back to school, or are curious about seeking a training or certificate program, then this class is for you. Individual assistance is also available by appointment.
- Employment & Volunteer Support:** This group provides support and assistance to members interested in seeking employment and/or volunteering. Members can get help with locating hot job leads, resume help, interview tips and much more. The facilitator will assist and guide you through the process and provide information for members about school and job-related materials. Individual assistance is also available by appointment.
- Grief Support:** allow those who are experiencing a loss it allows one to share their struggles with others who have experienced a similar loss.
- Healthy Relationships:** Members explore different types of relationships and how to engage in healthy relationships.
- Love Yourself:** Members explore different ways of developing a relationship with one self and learning to appreciate one self .
- Men's Group:** This group is an open forum to share ideas, concerns, and solutions specific to men.
- NAMI Connections:** 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.
- OCD Support:** is for people who want to overcome their OCD and need some extra support through this difficult process, by seeing fellow peers succeed it can provide hope and motivation to keep going.
- Positive Thinking:** Helps with stress management and can even improve your health. Practice overcoming negative self-talk with examples provided.
- PTSD Support (Post Traumatic Stress Disorder):** PTSD Support assist Members in identifying and better managing past traumatic events.
- Schizophrenia Alliance:** Members will learn how to cope with Schizophrenia and related disorders and share lived experience to provide hope and courage one another. The group also fosters fellowship.
- Stress Management:** In this group, Members will better understand how to manage stress and identify possible triggers of stress.
- Watercolor:** Learn watercolor techniques from a staff member. Supplies provided during group time.
- Women's Group:** This group is an open forum to share ideas, concern, and solutions specific to women.
- WRAP (Wellness Recovery Action Plan):** Members learn to identify what makes them well, and then use their own Wellness Tools to relieve difficult feelings, maintain well-ness and a higher quality of life.
- Learn About Hobbies:** Having a hobby can be really beneficial for our mental health. Hobbies have shown to give us lower stress, better physical health, more sleep, more social connections, improved work performance, and increased happiness. Come on in and join us in sharing your hobby and apply it in future groups.
- Vision Board:** Members will be supplied with a board, magazines, affirmations, art supplies and print outs to create a collage of images and words representing a person's wishes or goals, intended to serve as inspiration or motivation.
- Physical Groups:** Designed to promote the ability to create and achieve a healthy quality of life and well-being, while addressing overall member goals related to physical health, nutrition, and overall well-being.
- Bowling at Saddleback Lanes:** On select Wednesday(s) come join us at Saddleback Lanes for a fun filled game with fellow members and staff. Great way to exercise and/or socialize with players.
- Cooking:** Make and share a meal with members and staff! We learn budget menus, special diets, and some gourmet meals as well. Members are encouraged to share their favorite recipe and cook with group.
- Disc Golf:** a game in which players attempt to throw a frisbee disc from a tee box into a standing basket hole. An exciting way to spend your time, a way to engage socially and make new friends, a path to exercising and better physical health, a lot of competition, a way to relax, and just an overall awesome atmosphere that stands out from almost every other activity out
- Gardening & Explore:** Gardening is an activity that's good for both the mind and body, and can be enjoyed by people of all ages. Plus, you get to eat the delicious fruits, vegetables and herbs that you grow. So, grab your tools and get in the dirt! Once done giving the plants some tender, love and care, as a group we explore Irvine Great Park
- Laughter Yoga:** is a unique exercise routine which combines with yogic deep breathing exercises, hydration, nutrition and laughter meditation with our Contractor, Neeta.
- Free Form Exercise:** a fun physical group that gets you moving around with light stretching and dancing with our Contactor, Magdalena.
- Neighborhood Walk:** will be a form of a walking meditation. Walking meditation is a form of mindfulness practiced all over the world. At its core, walking meditation is simply bringing your attention to your feet, your body and the ground below you and focusing your mind on what it feels like to walk
- South County Outreach (SCO) Monthly Food Distribution:** Join members and staff to the local food bank here in Lake Forest on the last Tuesday of the month. Please bring grocery bags for they are not provided by SCO.
- Tai Chi:** Join members and staff on learning the fundamentals of Tai chi, via YouTube Videos.
- Wednesday Walk to Lunch:** On select Wednesday(s) enjoy a couple of tacos with rice and beans; while some socialization as we walk together from WCS to Taqueria De Anda, in the Lake Forest Gateway Shopping Center.
- Whole Person Care:** Members learn different steps, actions, and strategies one puts in place to achieve optimum health.
- Yoga:** Join our contacted Yoga instructor to increase flexibility, strength, improve breathing, energy and vitality

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

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

**Emotions Anonymous:** This 12-Step meeting uses a traditional 12 steps model that has been expanded and developed for people with emotional issues. It provides support and social networking through community involvement while accepting our emotions for what they are.

**Dual Diagnosis:** An open forum about recovering from both a mental health, and substance abuse past. Run much like AA and NA, the group is meant to encourage individuals to remain drug free and mentally stable. We talk about different parts of our recovery that we may need to work on in order to heal and have lasting recovery.

**Learning Meditation:** Members will learn to increase self-awareness through meditation and mindfulness exercises.

**Life in Process:** This group is about the process of growth, in particular the process of spiritual growth.

**NA:** A safe and confidential place to share and receive accountability. We discuss strategies for staying sober minded and how to stay on track.

Relapse prevention addresses substances as well as mental health.

**Pathways to Recovery:** Pathways to Recovery is a workbook that helps individuals with the process of setting goals and creating personal recovery plans into a self-guided format. The approach within the group Strengths Base Model, which has proven to successfully help reduce psychiatric hospitalization, allowing people to set and achieve person goals and, in turn, improve one's quality of life.

**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 Groups:** Designed to provide members with the opportunity to establish and maintain healthy, positive and lasting relationships with friends and family while addressing overall member goals related to social interaction and connecting with others.

**Around the World:** a member volunteers their time to talk about various countries and its history while showing a video of what the country looks like in present time.

**Art Doodling:** Through the use of meditation and doodling, Members create art in a fun way.

**Art Social:** Two great experiences in one! Join us for some art and some socializing. You will experience art activities with paints, colored pencils, and other mediums. Come join the fun!

**Basic Spanish:** Our staff teaches Members Spanish words and phrases in a fun and easy to understand way.

**Bingo:** Come play Bingo with us! For those joining online, we email you a "virtual" bingo card and then the fun begins! We have good laughs and monthly prizes!

**Card Playing Games:** Come join our members and play select a card game as group to enjoy each other's time and casual conversation.

**Chess Club:** Come join our members learn how to play Chess. Enjoy playing a game with other members and staff. All levels welcome to play and teach each other.

**Chat with MAB:** Come meet the members of the Member Advisory Board! Share your ideas, concerns, and suggestions. Held once a month.

**Community Meeting:** This important weekly meeting brings us all together as a community. Updates are given related to different activities, groups, and events. Members also get to meet the staff and give feedback and suggestions.

**Crocheting:** Come join our members in learning simple various crocheting patterns. Yarn and materials will be provided.

**Evening Social:** A time to socialize with members and staff.

**Fundamentals of Farsi:** A great way for our members to learn a new language lead by one of our members and staff that speak Farsi.

**In House Cinema:** Members will view a popular movie and discuss it afterwards.

**Job Club:** Provides ongoing motivation and support from Goodwill Employment Works and Wellness Center South Employment/Education Specialist; While improving and reinforcing job seeking skills.

**Karaoke:** Members share their love for singing and connect with others through music. Singing skills are not needed.

**Learn Guitar:** Members share their guitar skills with other members to learn how to play the guitar; any level is welcome. Guitars are available to borrow while at the center and if you have your own bring it in.

**LGBTQ+ Support Group (Closed Group):** This group provides support and a safe place to discuss gay issues. Resources for the gay community are provided. The environment is open-minded, helpful, safe and kind for the LGBTQ+ community to discuss personal successes, experiences, and concerns exclusive of outside influence. (Open only to those who identify as LGBTQ+ and Allies).

**Member Advisor Board (M.A.B.) Meeting:** The M.A.B and Wellness Center South staff sit down and discuss how to improve the program and help organize events.

**Morning Icebreaker:** A morning gathering with fellow members to discuss plans for the day, review groups offered for the day, and play some fun games! This is a great opportunity to get to know the staff and members.

**Music Jam:** Bring your instrument to this in-person group. We will play music together and learn new skills. All levels of experience are welcome!

**Neighborhood Clean-up:** It is a great way to get out of the center and get into the community to help beautify the center and the neighborhood that we are about of here in Lake Forest.

**Outings:** It is a great way to get out of the center and get into the community. Every week is a different place; individuals are welcome to meet us at the locations.

**Park Adventures:** It is a great way to get out of the center and get into the community. Every week is a different park; individuals are welcome to meet us at the locations to help beautify the local parks. Call the center to find out the park location.

**Role Playing Games:** Create characters and explore game worlds. Solve problems as a team, defeat enemies and find treasure.

**Social Hour:** A time to socialize with members and staff.

**Sports Talk:** Come socialize with fellow sports fans to talk about our favorite sports and teams and how they have helped us along with our recovery journey