

*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



WCS provides shuttle rides to the members who have transportation

Please speak with Zakia Bashir to get information about **WCS Transportation** Service and California Yellow Cab Taxi rides.

barriers.

Call at: 949-528-6822 Or Email zakia.bashir@clarvida.com

New Group Times

Tuesday

Social Outing 11:00 am -3:00 pm

Community Meeting 12:10 pm -1:00 pm (January 15th)

Schizophrenia Alliance

Improve Theater 11:10 am -12:00 pm

1 Wednesday



WCS WILL BE CLOSED on January 1st.

2 Thursday

9:10 am - 10:00 am **Morning Icebreaker**

10:10 am - 12:00 pm Cooking

10:10 am-11:00 am **Art Journaling**

> 10:10 am -11:30 am Disc Golf @ Deerfield Park

11:10 am-12:00 pm **Improv Theater**

11:10 am-12:00 pm **Creative Hour**

11:10 am-12:00 pm **Grief Support**

12:10 pm -1:00 pm **Social Hour**

1:10 pm-2:00 pm Chair Yoga4

1:10 pm-2:00 pm **Healthy Relationships - H** Mtg# 824 9407 9234

2:10 pm-3:00 pm **Creative Writing**

2:10 pm - 3:00 pm **Aging Gracefully**

3:10 pm-4:00 pm **Depression Bipolar** Support Alliance - H Mtg# 871 1923 5151

4:10 pm-4:50 pm **Evening Social**

3 Friday

9:10 am - 10:00 am **Morning Icebreaker** 10:10 am-11:00 am

Fundamentals of Farsi

10:10 am -12:00 pm Garden & Explore

10:10 am-11:00 am **Emotional Resilience**

11:10 am-12:00 pm Fun & Games - H Mtg# 845 6764 2508

11:10 am-12:00 pm **Love Yourself**

12:10 pm-1:00 pm **Around the World**

1:00 pm-2:00 pm Learn Guitar

1:10 pm - 2:00 pm

PTSD Support 1:10 pm-2:00 pm **Water Colors**

2:10 pm - 3:00 pm **Sports Talk**

2:10 pm-3:00 pm **Dual Diagnosis - H**

Mtg# 856 3015 2718

3:10 pm-4:30 pm **Music Jam**

3:10 pm-4:00 pm **Self Empowerment**

3:10 pm-4:00 pm Chat with MAB (H)

Mtg# 881 5469 0081

4:10 pm-4:50 pm **Evening Social**

4 Saturday

9:10 am - 10:00 am Morning Icebreaker

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 Schizophrenia Alliance - H Mtg# 817 0754 0588

11:10 am -12:00 pm

LGBTQ+ Support

12:10 pm - 2:00 pm **Role Playing Games**

1:10 pm - 2:00 pm **Learn About Hobbies**

1:10 pm -2:00 pm

Life In Process

2:10 pm-3:00 pm OCD Support -H-Mtg# 847 285 87362

3:10 pm-4:30 pm Karaoke

> 3:10 pm - 4:30 pm Park Adventures

4:10 pm-4:50 pm **Evening Social**

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H=Hvbrid Group. The group takes place both in-person and is offered online at the same time.

Wednesday

Anxiety Managements 10:10 am -11:00 am

10:10 am -11:00 am

Thursday



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NAMI Connections

Art Doodling

4:10 pm-4:50 pm

Evening Social

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Diffen Wellness and Peto	*Calendar is subject to change		Lake Forest, CA 92630		
6 Monday	7 Tuesday	8 Wednesday	9 Thursday	10 Friday	11 Saturday
9:10 am -10:10 am	9:10 am - 10:00 am	9:10 am - 10:00 am	9:10 am - 10:00 am	9:10 am - 10:00 am	9:10 am - 10:00 am
Morning Icebreaker	Morning Icebreaker	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 - 12:00 pm	10:10 am-11:00 am	10:10 am-11:00 am
Emotions Anonymous	Train For Your Best Life	Anxiety Management	Cooking	Fundamentals of Farsi	Depression Bipolar Support Alliance - H
Mtg# 827 3012 1326	<u>10:10 am – 11:00 am</u>	11:10 am -12:00 pm	10:10 am-11:00 am Art Journaling	10:10 am -12:00 pm	Mtg# 871 1923 5151
10:10 am - 11:00 am	Stress Management	Community Meeting -H Mtg# 895 5733 6953	Art journamig	Garden & Explore	10:10 am-11:00 am
Outdoor Fitness		Mtg// 075 5755 0755	10:10 am -11:30 am		Wellness Recovery
11:10 am-12:00 pm	11:00 am - 3:00 pm	12.00 1.00	Disc Golf	10:10 am-11:00 am	Action Plan (WRAP+)
Basic Spanish	Social Outing@ Regal Irvine Spectrum	<u>12:00 pm - 1:00 pm</u> Wednesday Walk to	@ Deerfield Park	Emotional Resilience	11:10 am -12:00 pm
11:10 am-12:00 pm		Lunch: Taqueria de Anda	11.12	11:10 am-12:00 pm	Schizophrenia Alliance - H
Learning to Meditate			11:10 am-12:00 pm Improv Theater	Fun & Games - H	Mtg# 817 0754 0588
12:10 pm-1:00 pm			11:10 am-12:00 pm	Mtg# 845 6764 2508	11:10 am -12:00 pm
Art Social	SANDENNIA (<u>1:10 pm - 2:00 pm</u>	Creative Hour	11:10 am-12:00 pm Love Yourself	LGBTQ+ Support
12:10 pm-1:00 pm	经需要的共享的 在 自己的组织是该量和	Men's Group - H Mtg# 885 4922 9004	11:10 am-12:00 pm	12:10 pm-1:00 pm	12:10 pm - 2:00 pm
Free Form Exercise	11:10 am-12:00 pm		Grief Support	Around the World	Role Playing Games
1:10 pm-2:00 pm N.A.	A.A.	1:10 pm - 2:00 pm Woman's Group - H	12:10 pm -1:00 pm	12:30 pm-2:00 pm	12:10 pm - 1:00 pm
	12:10 pm -1:00 pm Fun & Games	Mtg# 892 0324 5770	Social Hour	MAB Meeting	Crocheting
1:10 pm-2:00 pm Positive Thinking - H	12:10 pm -1:00 pm	2:10 pm -3:00 pm	1:10 pm-2:00 pm Chair Yoga	1:00 pm-2:00 pm	1:10 pm - 2:00 pm Creative Hour
Mtg# 816 0034 3240	Art & Social	Schizophrenia Alliance - H	1:10 pm-2:00 pm	Learn Guitar	
	1:10 pm – 2:00 pm	Mtg# 817 0754 0588	Healthy Relationships - H	1:10 pm - 2:00 pm	1:10 pm -2:00 pm Life In Process
2:10 pm-3:00 pm Coping Skills - H	Whole Person Care	2:10 pm – 3:00 pm	Mtg# 824 9407 9234	PTSD Support	2:10 pm-3:00 pm
Mtg# 847 1888 5480	1:10 pm-2:00 pm	Card Playing Games	4.47	1:10 pm-2:00 pm Water Colors	OCD Support -H-
2:10 pm-3:00 pm	Laughter Yoga	3:10 pm - 4:00 pm	1:45 pm - 3:30 pm JOB CLUB	2:10 pm-3:00 pm	Mtg# 847 285 87362
BINGO!	1:10 pm - 2:00 pm Boundaries/	Sports Talk - H	JOB CLUB	Sports Talk	3:10 pm-4:30 pm
3:10 pm-4:00 pm	Co-Dependency - H	Mtg# 831 2051 4738	2:10 pm-3:00 pm	2:10 pm-3:00 pm	Karaoke
Depression Bipolar	Mtg# 881 7269 7841	3:10 pm - 4:00 pm	Creative Writing	Dual Diagnosis - H	
Support Alliance	2:10 pm-3:00 pm	Karaoke	2:10 pm - 3:00 pm	Mtg# 856 3015 2718	<u>3:10 pm - 4:30 pm</u> Park Adventures
4:10 pm-4:50 pm	Anger Management - H	4:10 pm - 5:20 pm	Aging Gracefully	3:10 pm-4:30 pm	
Evening Social	Mtg# 820 0635 8743	Music Jam	3:10 pm-4:00 pm Depression Bipolar	Music Jam	4:10 pm-4:50 pm
	3:10 pm - 4:00 pm	<u>5:30 pm - 6:45 pm</u>	Support Alliance - H	3:10 pm-4:00 pm	Evening Social

Support Alliance - H

Mtg# 871 1923 5151

4:10 pm-4:50 pm

Evening Social

Self Empowerment

4:10 pm-4:50 pm

Evening Social



Evening Social

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offered online at the same time.

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Hours of Operation

Monday, Tuesday, Thursday, Friday, <u>Saturday</u>

Evening Social

9:00 am- 5:00 pm Wednesday 9:00 am-7:00 nm

Then Wellness and Record	*Calendar is subject to change		Lake Forest, CA 92630 Wed		nesday 9:00 am-7:00 pm	
13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday	18 Saturday	
9:10 am -10:10 am	9:10 am - 10:00 am	9:10 am - 10:00 am	9:10 am - 10:00 am	9:10 am - 10:00 am	9:10 am - 10:00 am	
Morning Icebreaker	Morning Icebreaker	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 - 12:00 pm	10:10 am-11:00 am	10:10 am-11:00 am	
Emotions Anonymous-H	Train For Your Best Life	10:00 am - 12:00 pm	Cooking	Fundamentals of Farsi	Depression Bipolar	
Mtg# 827 3012 1326	<u>10:10 am - 11:00 am</u>	WCS Job Fair	10:10 am-11:00 am	10.10 12.00	Support Alliance - H Mtg# 871 1923 5151	
<u>10:10 am - 11:00 am</u>	Stress Management		Art Journaling	10:10 am -12:00 pm Garden & Explore		
Outdoor Fitness			10:10 am -11:30 am	dar den de Explore	10:10 am-11:00 am Wellness Recovery	
11:10 am-12:00 pm	11:00 am - 3:00 pm	JOB	Disc Golf	10:10 am-11:00 am	Action Plan (WRAP+)	
Basic Spanish		FAIR	@ Deerfield Park	Emotional Resilience		
11:10 am-12:00 pm	Putuidem Village & San Juan Capistrano			11:10 am-12:00 pm	11:10 am -12:00 pm Schizophrenia	
Learning to Meditate	juan capistiano	12:10 pm –1:00 pm	11:10 am-12:00 pm	Fun & Games - H	Alliance - H	
11:30 am-12:30 pm		Community Meeting -H Mtg# 895 5733 6953	Improv Theater	Mtg# 845 6764 2508	Mtg# 817 0754 0588	
New Lung			11:10 am-12:00 pm	11:10 am-12:00 pm Love Yourself	11:10 am -12:00 pm	
12:10 pm-1:00 pm	11:10 am-12:00 pm	1:10 pm - 2:00 pm Men's Group - H	Creative Hour		LGBTQ+ Support	
Art Social	A.A.	Mtg# 885 4922 9004	11:10 am-12:00 pm Grief Support	12:10 pm-1:00 pm Yoga	12:10 pm - 2:00 pm	
12:10 pm-1:00 pm	12:10 pm -1:00 pm	1:10 pm - 2:00 pm		12:10 pm-1:00 pm	Role Playing Games	
Free Form Exercise	Fun & Games	Woman's Group - H	12:10 pm -1:00 pm Social Hour	Around the World	12:10 pm - 1:00 pm	
1:10 pm-2:00 pm	12:10 pm -1:00 pm	Mtg# 892 0324 5770	1:00 pm-2:00 pm	1:00 pm-2:00 pm	Crocheting	
N.A.	Art & Social	2:10 pm -3:00 pm	Benefits Workshop With	Learn Guitar	1:10 pm - 2:00 pm	
1:10 pm-2:00 pm	<u>1:10 pm – 2:00 pm</u>	Schizophrenia Alliance - H	Dung Le-OC HCA.	1:10 pm - 2:00 pm	Learn About Hobbies	
Positive Thinking - H Mtg# 816 0034 3240	Whole Person Care	Mtg# 817 0754 0588	1:10 pm-2:00 pm	PTSD Support	1:10 pm -2:00 pm	
	1:10 pm - 2:00 pm	2:10 pm - 3:00 pm Card Playing Games	Chair Yoga	1:10 pm-2:00 pm	Life In Process	
2:10 pm-3:00 pm Coping Skills - H	Boundaries/	, ,	1:10 pm-2:00 pm	Water Colors	2:10 pm-3:00 pm	
Mtg# 847 1888 5480	Co-Dependency - H Mtg# 881 7269 7841	3:10 pm - 4:00 pm Sports Talk - H	Healthy Relationships - H Mtg# 824 9407 9234	2:10 pm-3:00 pm	OCD Support -H-	
2:10 pm-3:00 pm		Mtg# 831 2051 4738	2:10 pm-3:00 pm	Sports Talk	Mtg# 847 285 87362	
BINGO!	2:10 pm-3:00 pm Anger	3:10 pm - 4:00 pm	Creative Writing	2:10 pm-3:00 pm Dual Diagnosis - H	3:10 pm-4:30 pm	
3:10 pm-4:00 pm	Management - H	Karaoke	2:10 pm – 3:00 pm	Mtg# 856 3015 2718	Karaoke	
Depression Bipolar	Mtg# 820 0635 8743	4:10 pm - 5:20 pm	Aging Gracefully	3:10 pm-4:30 pm	3:10 pm - 4:30 pm	
Support Alliance	3:10 pm - 4:00 pm	Music Jam	3:10 pm-4:00 pm	Music Jam	3:10 pm - 4:30 pm Park Adventures	
4:10 pm-4:50 pm	Art Doodling	5:30 pm - 6:45 pm	Depression Bipolar	3:10 pm-4:00 pm	_	
Evening Social	4:10 pm-4:50 pm	NAMI Connections	Support Alliance - H Mtg# 871 1923 5151	Self Empowerment	4:10 pm-4:50 pm	
H=Hybrid Group. The group	Evening Social		14.0	4:10 pm-4:50 pm	Evening Social	

4:10 pm-4:50 pm

Evening Social

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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

25 Saturday

20 Monday MARTIN

LUTHER

KING JR.

DAY

9:10 am -10:00 am Morning Icebreaker

<u>10:10 am - 11:00 am</u> **Train For Your Best Life**

21 Tuesday

11:00 am - 3:00 pm Social Outing@ Regal Irvine Spectrum



11:10 am-12:00 pm A.A.

12:10 pm -1:00 pm Fun & Games

12:10 pm -1:00 pm Art & Social

1:10 pm -2:00 pm Whole Person Care

1:10 pm-2:00 pm Laughter Yoga

1:10 pm - 2:00 pm **Boundaries/ Co-Dependency - H Mtg# 881 7269 7841**

2:10 pm-3:00 pm Anger Management - H Mtg# 820 0635 8743

3:10 pm - 4:00 pm

Art Doodling

4:10 pm-4:50 pm Evening Social 9:10 am - 10:00 am Morning Icebreaker

22 Wednesday

10:10 am -11:00 am **Yoga** 10:10 am -11:00 am

Anxiety Management

11:10 am -12:00 pm Community Meeting -H Mtg# 895 5733 6953

<u>12:10 pm -1:00 pm</u> **Vision Board**

> 1:00 pm-3:00 pm Bowling @Saddleback Lanes Sign-up/Call @ Front Desk

1:10 pm - 2:00 pm Men's Group - H Mtg# 885 4922 9004

1:10 pm - 2:00 pm Woman's Group - H Mtg# 892 0324 5770

<u>2:10 pm -3:00 pm</u> Schizophrenia Alliance - H Mtg# 817 0754 0588

2:10 pm - 3:00 pm Card Playing Games

3:10 pm - 4:00 pm **Sports Talk - H Mtg# 831 2051 4738**

3:10 pm - 4:00 pm **Karaoke**

4:10 pm - 5:20 pm **Music Jam**

5:30 pm - 6:45 pm NAMI Connections 9:10 am - 10:00 am Morning Icebreaker

23 Thursday

9:30 am -12:30 pm Education Fair @ Wellness Center Central

<u>10:10 am - 12:00 pm</u> **Cooking**

10:10 am-11:00 am
Art Journaling

11:10 am-12:00 pm Improv Theater

11:10 am-12:00 pm Creative Hour

11:10 am-12:00 pm **Grief Support**

 $\frac{12:10~pm-1:00~pm}{\text{Social Hour}}$

1:10 pm-2:00 pm Chair Yoga

1:10 pm-2:00 pm Healthy Relationships -H Mtg# 824 9407 9234

2:10 pm-3:00 pm Creative Writing

2:10 pm - 3:00 pm Aging Gracefully

3:10 pm-4:00 pm Depression Bipolar Support Alliance - H Mtg# 871 1923 5151

4:10 pm-4:50 pm Evening Social 9:10 am - 10:00 am Morning Icebreaker

24 Friday

10:10 am-11:00 am Fundamentals of Farsi

> 10:10 am -12:00 pm Garden & Explore

10:10 am-11:00 am Emotional Resilience

11:10 am-12:00 pm Fun & Games - H Mtg# 845 6764 2508

11:10 am-12:00 pm **Love Yourself**

12:10 pm-1:00 pm **Yoga**

12:10 pm-1:00 pm Around the World

1:00 pm-2:00 pm Learn Guitar

<u>1:10 pm - 2:00 pm</u> **PTSD Support**

1:10 pm-2:00 pm Water Colors

2:10 pm-3:00 pm **Sports Talk**

2:10 pm-3:00 pm **Dual Diagnosis - H Mtg# 856 3015 2718**

3:10 pm-4:30 pm **Music Jam**

3:10 pm-4:00 pm Self Empowerment

4:10 pm-4:50 pm Evening Social 9:10 am - 10:00 am Morning Icebreaker

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 Schizophrenia Alliance - H Mtg# 817 0754 0588

11:10 am -12:00 pm LGBTQ+ Support

12:10 pm - 2:00 pm Role Playing Games

12:10 pm - 1:00 pm **Crocheting**

1:10 pm - 2:00 pm Creative Hour

1:10 pm -2:00 pm Life In Process

2:10 pm-3:00 pm OCD Support - H Mtg# 847 285 87362

3:10 pm-4:30 pm Karaoke

> 3:10 pm - 4:30 pm Park Adventures

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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Wellness Center South January 2025

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

23072 Lake Center Dr., Suite #115

Evening Social

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

Wednesday 9:00 am-7:00 nm

Briting Wellness Ord Records	*Calendar is subject to change		Lake Forest, CA 92630 Wed		nesday 9:00 am-7:00 pm
27 Monday	28 Tuesday	29 Wednesday	30 Thursday	31 Friday	
9:10 am -10:10 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker	Join Groups Via
10:10 am-11:00 am Emotions Anonymous-H	10:10 am – 11:00 am Train For Your Best Life	<u>10:10 am -11:00 am</u> Yoga	10:10 am - 12:00 pm Cooking	10:10 am-11:00 am Fundamentals of Farsi	Phone:
Mtg# 827 3012 1326 10:10 am - 11:00 am	10:10 am - 11:00 am Stress Management	10:10 am -11:00 am Anxiety Management	10:10 am-11:00 am Art Journaling	10:10 am -12:00 pm Garden & Explore	Please Call: 213-338-8477 Enter the meeting num-
Outdoor Fitness 11:10 am-12:00 pm Basic Spanish	11:00 am - 2:30 pm Fun Walk, Lake Forest Nature Park	11:10 am -12:00 pm Community Meeting -H Mtg# 895 5733 6953	10:10 am -11:30 am Disc Golf @ Deerfield Park	10:10 am-11:00 am Emotional Resilience	ber (mtg#) listed under the group when prompted.
11:10 am-12:00 pm Learning to Meditate	11:10 am-12:00 pm	12:10 pm -1:00 pm Vision Board	11:10 am-12:00 pm	11:10 am-12:00 pm Fun & Games - H	You can also down- load the ZOOM App from the App Store or Google play.
12:10 pm-1:00 pm Art Social	A.A. 12:10 pm -1:00 pm Fun & Games	12:10 pm -2:00 pm In House Cinema	11:10 am-12:00 pm	Mtg# 845 6764 2508 11:10 am-12:00 pm Love Yourself	Join Groups via Computer:
12:10 pm-1:00 pm Free Form Exercise	12:10 pm -1:00 pm Art & Social	1:10 pm - 2:00 pm Men's Group - H Mtg# 885 4922 9004	Creative Hour 11:10 am-12:00 pm	12:10 pm-1:00 pm Yoga	Please go to: www.zoom.com
1:10 pm-2:00 pm N.A. 1:10 pm-2:00 pm	1:10 pm - 2:00 pm Whole Person Care	1:10 pm - 2:00 pm Woman's Group - H	Grief Support 12:10 pm -1:00 pm Social Hour	12:10 pm-1:00 pm Around the World	& click Join a Meeting You will enter the
Positive Thinking - H Mtg# 816 0034 3240	1:10 pm - 2:00 pm Boundaries/	Mtg# 892 0324 5770 2:10 pm -3:00 pm	1:10 pm-2:00 pm Chair Yoga	1:00 pm-2:00 pm Learn Guitar	meeting number (mtg#)
2:10 pm-3:00 pm Coping Skills - H Mtg# 847 1888 5480	Co-Dependency - H Mtg# 881 7269 7841 2:10 pm-3:00 pm	Schizophrenia Alliance - H Mtg# 817 0754 0588 2:10 pm - 3:00 pm	1:10 pm-2:00 pm Healthy Relationships - H	1:10 pm – 2:00 pm PTSD Support	<u>Listed under the</u> <u>group</u> s. ——————
2:10 pm-3:00 pm BINGO!	Anger Management - H	Card Playing Games 3:10 pm - 4:00 pm	Mtg# 824 9407 9234 2:10 pm-3:00 pm	1:10 pm-2:00 pm Water Colors 2:10 pm-3:00 pm	We value your feedback! Drop off a note in person or on our website.
3:10 pm-4:00 pm	Mtg# 820 0635 8743 3:10 pm - 4:00 pm	Sports Talk - H Mtg# 831 2051 4738	Creative Writing 2:10 pm - 3:00 pm	Sports Talk 2:10 pm-3:00 pm	wellnesscentersouth.org
Depression Bipolar Support Alliance	Art Doodling 2:45 - 4:30	<u>3:10 pm - 4:00 pm</u> Karaoke	Aging Gracefully 3:10 pm-4:00 pm	Dual Diagnosis - H Mtg# 856 3015 2718	under comments & suggestions Please share with us your
4:10 pm-4:50 pm Evening Social	SCO Monthly Food Distribution	<u>4:10 pm - 5:20 pm</u> Music Jam	Depression Bipolar Support Alliance - H Mtg# 871 1923 5151	3:10 pm-4:30 pm Music Jam	good news, gratitude & accomplishments <u>Drop off a note in per-</u>
H=Hybrid <i>Group</i> . The group takes place both in-person and is offered online at the same time.	4:10 pm-4:50 pm	5:30 pm - 6:45 pm NAMI Connections	4:10 pm-4:50 pm Evening Social	3:10 pm-4:00 pm Self Empowerment 4:10 pm-4:50 pm	son or on our website under the good news, gratitude & accom- plishments button
Copyright Clarvida of California,	Evening Social			Fvening Social	phismients button