



Wellness Center South January 2025

**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 Wednesday	2 Thursday	3 Friday	4 Saturday	
<p>WELLNESS CENTER SOUTH JOB FAIR</p> <p>JAN. 15, 2025 10:00 am - 12:00 pm</p> <ul style="list-style-type: none"> • Career Opportunities in: • Health Care • Education • County of Orange • Volunteer • Job Placement Assistance <p>Snacks & Refreshments</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>	<p>HAPPY NEW YEAR 2025</p> <p>WCS WILL BE CLOSED on January 1st.</p> <p>May this year be filled with accomplishments, laughter, and moments of pure happiness.</p> <p>@reallygreatsite</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>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p>10:10 am-11:00 am Fundamentals of Farsi</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p>	
			<p>10:10 am -11:30 am Disc Golf @ Deerfield Park</p>	<p>10:10 am -12:00 pm Garden & Explore</p>	<p>10:10 am-11:00 am Emotional Resilience</p>	<p>10:10 am-11:00 am Wellness Recovery Action Plan (WRAP+)</p>
			<p>11:10 am-12:00 pm Improv Theater</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 Yoga4</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 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>2:10 pm - 3:00 pm Water Colors</p> <p>3:10 pm-4:30 pm Music Jam</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>1:10 pm - 2:00 pm Learn About Hobbies</p> <p>1:10 pm -2:00 pm Life In Process</p>	
			<p>1:10 pm-2:00 pm Healthy Relationships - H Mtg# 824 9407 9234</p> <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>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-4:00 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>11:10 am -12:00 pm LGBTQ+ Support</p> <p>12:10 pm - 2:00 pm Role Playing Games</p> <p>1:10 pm - 2:00 pm Learn About Hobbies</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>New Group Times</p> <p>Tuesday Social Outing 11:00 am -3:00 pm</p> <p>Wednesday Community Meeting 12:10 pm -1:00 pm (January 15th)</p> <p>Anxiety Managements 10:10 am -11:00 am</p> <p>Schizophrenia Alliance 10:10 am -11:00 am</p> <p>Thursday Improve Theater 11:10 am -12:00 pm</p>			<p>3:10 pm - 4:30 pm Park Adventures</p>	<p>3:10 pm - 4:30 pm Park Adventures</p> <p>4:10 pm-4:50 pm Evening Social</p>	

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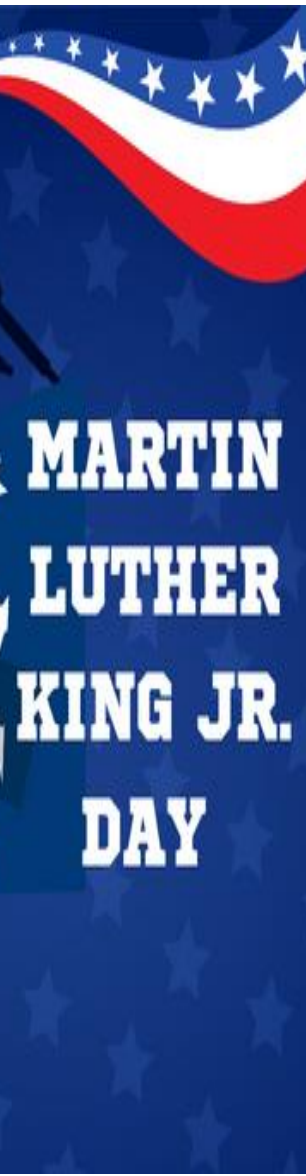


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	<p>1:00 pm-3:00 pm Bowling @Saddleback Lanes Sign-up/Call @ Front Desk</p> 	<p>10:10 am - 12:00 pm Cooking</p> <p>10:10 am-11:00 am Art Journaling</p> <p>11:10 am-12:00 pm Improv Theater</p> <p>11:10 am-12:00 pm Creative Hour</p> <p>11:10 am-12:00 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> <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>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>	<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 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>3:10 pm - 4:30 pm Park Adventures</p> <p>4:10 pm-4:50 pm Evening Social</p>	

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Wednesday 9:00 am-7:00 pm

27 Monday	28 Tuesday	29 Wednesday	30 Thursday	31 Friday	
<p>9:10 am -10:10 am Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Emotions Anonymous-H Mtg# 827 3012 1326</p> <p>10:10 am – 11:00 am Outdoor Fitness</p> <p>11:10 am-12:00 pm Basic Spanish</p> <p>11:10 am-12:00 pm Learning to Meditate</p> <p>12:10 pm-1:00 pm Art Social</p> <p>12:10 pm-1:00 pm Free Form Exercise</p> <p>1:10 pm–2:00 pm 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>2:10 pm-3:00 pm BINGO!</p> <p>3:10 pm–4:00 pm Depression Bipolar Support Alliance</p> <p>4:10 pm-4:50 pm 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>10:10 am – 11:00 am Train For Your Best Life</p> <p>10:10 am – 11:00 am Stress Management</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>11:00 am - 2:30 pm Fun Walk, Lake Forest Nature Park</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><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>3:10 pm - 4:00 pm Art Doodling</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>2:45 - 4:30 SCO Monthly Food Distribution</p> </div> <p><u>4:10 pm-4:50 pm</u> 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 Anxiety Management</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 895 5733 6953</p> </div> <p>12:10 pm -1:00 pm Vision Board</p> <p>12:10 pm -2:00 pm In House Cinema</p> <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> Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p>2:10 pm – 3:00 pm Card Playing Games</p> <p><u>3:10 pm - 4:00 pm</u> 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: 1px solid black; padding: 5px; text-align: center;"> <p><u>10:10 am -11:30 am</u> Disc Golf @ Deerfield Park</p> </div> <p>11:10 am-12:00 pm Improv Theater</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> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><u>1:10 pm-2:00 pm</u> Healthy Relationships - H Mtg# 824 9407 9234</p> </div> <p>2:10 pm-3:00 pm Creative Writing</p> <p>2:10 pm – 3:00 pm Aging Gracefully</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151</p> </div> <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: 1px solid black; padding: 5px; text-align: center;"> <p><u>10:10 am -12:00 pm</u> Garden & Explore</p> </div> <p>10:10 am-11:00 am Emotional Resilience</p> <p><u>11:10 am-12:00 pm</u> 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> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><u>2:10 pm-3:00 pm</u> Dual Diagnosis - H Mtg# 856 3015 2718</p> </div> <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>	<p style="text-align: center;">Join Groups Via Phone:</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 style="text-align: center;">Join Groups via Computer:</p> <p>Please go to: www.zoom.com & click Join a Meeting You will enter the meeting number (mtg#) Listed under the groups. ----- We value your feedback! Drop off a note in person or on our website. wellnesscentersouth.org under comments & suggestions Please share with us your good news, gratitude & accomplishments Drop off a note in person or on our website under the good news, gratitude & accomplishments button</p>