

\*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

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

WCS provides shuttle rides to the members who have transportation barriers.

Please speak with
Zakia Bashir
to get information about
WCS Transportation
Service and

Call at: 949-528-6822 Or Email

California Yellow Cab Taxi rides.



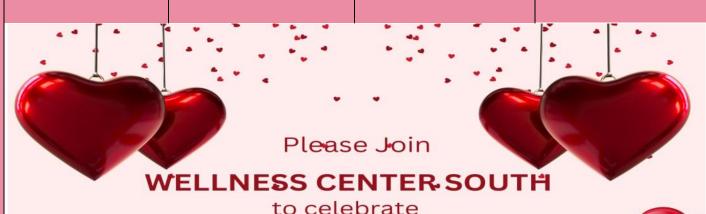
### **New Group Times**

## Thursday

Improve Theater 1:10 pm -2:00 pm

Friday
MAB Meeting
February 21st
12:30 pm -2:00 pm

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# Friendship Day

on February 14, 2025 12:00 P.M. - 2:00 P.M.

Come and enjoy our celebration of Friendship together! We will serve light snacks and refreshments, listen to music, and play some games together.



949-528-6822







**1 Saturday** 9:10 am - 10:00 am

Morning Icebreaker

10:10 am-11:00 am

Depression Bipolar
Support Alliance - H

10:10 am-11:00 am Wellness Recovery Action Plan (WRAP+)

Mtg# 871 1923 5151

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

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



**Evening Social** 

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**Hours of Operation** 

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Wednesday 9:00 am-7:00 pm

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online at the same time.

Statuen Wellness and Record	*Calendar is subject to change		Lake Forest, CA 92630 Wednesday 9:00 am-7:00 pm		
3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday	8 Saturday
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	9:10 am - 10:00 am Morning Icebreaker
10:10 am-11:00 am Emotions Anonymous Mtg# 827 3012 1326	10:10 am - 11:00 am Train For Your Best Life	10:10 am -11:00 am Yoga	10:10 am - 12:00 pm Cooking 10:10 am-11:00 am	10:10 am-11:00 am Fundamentals of Farsi	10:10 am-11:00 am Depression Bipolar Support Alliance - H
10:10 am - 11:00 am Outdoor Fitness	10:10 am - 11:00 am Stress Management	10:10 am -11:00 am Anxiety Management  11:10 am -12:00 pm	Art Journaling	10:10 am -12:00 pm Garden & Explore	Mtg# 871 1923 5151 10:10 am-11:00 am Wellness Recovery
11:10 am-12:00 pm Basic Spanish	11:00 am - 3:00 pm Social Outing@ Regal Irvine Spectrum	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	Action Plan (WRAP+)  11:10 am -12:00 pm
11:10 am-12:00 pm Learning to Meditate	6 SESAL	12:00 pm - 1:00 pm Wednesday Walk to	11:10 am-12:00 pm Creative Hour	11:10 am-12:00 pm Fun & Games - H Mtg# 845 6764 2508	Schizophrenia Alliance - H Mtg# 817 0754 0588
12:10 pm-1:00 pm Art Social		Lunch: Taqueria de Anda	11:10 am-12:00 pm Grief Support	11:10 am-12:00 pm Love Yourself	11:10 am -12:00 pm LGBTQ+ Support
12:10 pm-1:00 pm Free Form Exercise 1:10 pm-2:00 pm	11:10 am-12:00 pm A.A.	1:10 pm - 2:00 pm Men's Group - H Mtg# 885 4922 9004	12:10 pm –1:00 pm Social Hour	12:10 pm-1:00 pm <b>Yoga</b> 12:10 pm-1:00 pm	12:10 pm - 2:00 pm <b>Role Playing Games</b> 12:10 pm - 1:00 pm
N.A. 1:10 pm-2:00 pm	12:10 pm -1:00 pm Fun & Games	1:10 pm - 2:00 pm Woman's Group - H	1:10 pm-2:00 pm Chair Yoga	Around the World  1:00 pm-2:00 pm  Learn Guitar	Crocheting  1:10 pm - 2:00 pm
Positive Thinking - H Mtg# 816 0034 3240	12:10 pm -1:00 pm Art & Social 1:10 pm - 2:00 pm	Mtg# 892 0324 5770 2:10 pm -3:00 pm	1:10 pm-2:00 pm Healthy Relationships - H Mtg# 824 9407 9234	1:10 pm - 2:00 pm PTSD Support	Creative Hour  1:10 pm -2:00 pm  Life In Process
2:10 pm-3:00 pm Coping Skills - H Mtg# 847 1888 5480	Whole Person Care 1:10 pm-2:00 pm	Schizophrenia Alliance - H Mtg# 817 0754 0588 2:10 pm – 3:00 pm	1:10 pm-2:00 pm Improv Theater	1:10 pm-2:00 pm Water Colors 2:10 pm-3:00 pm	2:10 pm-3:00 pm OCD Support -H-
2:10 pm-3:00 pm BINGO!	Laughter Yoga  1:10 pm - 2:00 pm  Boundaries/	Card Playing Games 3:10 pm - 4:00 pm	2:10 pm-3:00 pm Creative Writing	Sports Talk 2:10 pm-3:00 pm	Mtg# 847 285 87362 3:10 pm-4:30 pm
3:10 pm-4:00 pm Depression Bipolar	Co-Dependency - H Mtg# 881 7269 7841	Sports Talk - H Mtg# 831 2051 4738 3:10 pm - 4:00 pm	2:10 pm – 3:00 pm <b>Aging Gracefully</b> 3:10 pm–4:00 pm	Dual Diagnosis - H Mtg# 856 3015 2718 3:10 pm-4:00 pm	3:10 pm - 4:30 pm
Support Alliance 4:10 pm-4:50 pm	2:10 pm-3:00 pm Anger Management - H Mtg# 820 0635 8743	S:10 pm - 4:00 pm Karaoke 4:10 pm - 5:20 pm	Depression Bipolar Support Alliance - H	Chat with MAB (H) Mtg# 881 5469 0081	Park Adventures
Evening Social	3:10 pm - 4:00 pm Art Doodling	Music Jam  5:30 pm - 6:45 pm	Mtg# 871 1923 5151 4:10 pm-4:50 pm Evening Social	3:10 pm-4:30 pm <b>Music Jam</b> 3:10 pm-4:00 pm	4:10 pm-4:50 pm Evening Social
Commight Clampida of California	4:10 pm-4:50 pm Evening Social	NAMI Connections	Evening Social	Self Empowerment	H=Hybrid <i>Group</i> . The group takes

4:10 pm-4:50 pm

**Evening Social** 

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**Hours of Operation** Monday, Tuesday, Thursday, Friday, <u>Saturday</u> 9:00 am- 5:00 pm

Wednesday 9:00 am-7:00 pm

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10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday	15 Saturday
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	9:10 am - 10:00 am Morning Icebreaker
10:10 am-11:00 am Emotions Anonymous-H Mtg# 827 3012 1326	10:10 am - 11:00 am Train For Your Best Life	10:10 am -11:00 am Anxiety Management 11:10 am -12:00 pm	10:10 am - 12:00 pm Cooking 10:10 am-11:00 am	10:10 am-11:00 am  Fundamentals of Farsi  1:10 am-11:00 am	10:10 am-11:00 am Depression Bipolar Support Alliance - H
10:10 am - 11:00 am Outdoor Fitness	10:10 am - 11:00 am Stress Management	Community Meeting -H Mtg# 895 5733 6953	Art Journaling  10:10 am -11:30 am	Emotional Resilience 11:10 am-12:00 pm	Mtg# 871 1923 5151  10:10 am-11:00 am
11:10 am-12:00 pm Basic Spanish	11:00 am - 3:00 pm	12:10 pm -1:00 pm Vision Board	Disc Golf 11:10 am-12:00 pm	Fun & Games - H Mtg# 845 6764 2508	Wellness Recovery Action Plan (WRAP+)
11:10 am-12:00 pm Learning to Meditate	Arboretum And Botanical Gardens @	1:00 pm-3:00 pm Bowling	Creative Hour 11:10 am-12:00 pm	11:10 am-12:00 pm Love Yourself	11:10 am -12:00 pm Schizophrenia Alliance - H
11:30 am-12:30 pm New Lung	CSUF	@Saddleback Lanes Sign-up/Call @ Front Desk	Grief Support 12:10 pm -1:00 pm	12:00 pm -2:00 pm	Mtg# 817 0754 0588  11:10 am -12:00 pm
12:10 pm-1:00 pm Art Social	11:10 am-12:00 pm A.A.	12:10 pm -1:00 pm Community Meeting -H Mtg# 895 5733 6953	Social Hour 1:00 pm-2:00 pm Benefits Workshop With	Friendship Celebration	LGBTQ+ Support
12:10 pm-1:00 pm Free Form Exercise	12:10 pm -1:00 pm Fun & Games	1:10 pm - 2:00 pm Men's Group - H	Dung Le-OC HCA.  1:10 pm-2:00 pm	LENDSU.	12:10 pm - 2:00 pm Role Playing Games
1:10 pm-2:00 pm N.A.	12:10 pm -1:00 pm Art & Social	Mtg# 885 4922 9004 1:10 pm - 2:00 pm	Chair Yoga 1:10 pm-2:00 pm	( ++++ /0	12:10 pm - 1:00 pm Crocheting
1:10 pm-2:00 pm Positive Thinking - H Mtg# 816 0034 3240	1:10 pm - 2:00 pm Whole Person Care	Woman's Group - H Mtg# 892 0324 5770	Improv Theater 1:10 pm-2:00 pm Healthy Relationships - H		1:10 pm - 2:00 pm <b>Learn About Hobbies</b> 1:10 pm -2:00 pm
2:10 pm-3:00 pm Coping Skills - H	1:10 pm - 2:00 pm Boundaries/	2:10 pm -3:00 pm Schizophrenia Alliance - H Mtg# 817 0754 0588	Mtg# 824 9407 9234		Life In Process 2:10 pm-3:00 pm
Mtg# 847 1888 5480 2:10 pm-3:00 pm	Co-Dependency - H Mtg# 881 7269 7841	2:10 pm – 3:00 pm Card Playing Games	1:45 pm - 3:30 pm JOB CLUB	2:10 pm-3:00 pm Sports Talk	OCD Support -H- Mtg# 847 285 87362
BINGO! 3:10 pm-4:00 pm	2:10 pm-3:00 pm Anger Management - H	3:10 pm - 4:00 pm Sports Talk - H	2:10 pm-3:00 pm Creative Writing	2:10 pm-3:00 pm Dual Diagnosis - H Mtg# 856 3015 2718	3:10 pm-4:30 pm Karaoke
Depression Bipolar Support Alliance	Mtg# 820 0635 8743 3:10 pm - 4:00 pm	Mtg# 831 2051 4738 3:10 pm - 4:00 pm Karaoke	2:10 pm - 3:00 pm Aging Gracefully	3:10 pm-4:30 pm Music Jam	3:10 pm - 4:30 pm Park Adventures
4:10 pm-4:50 pm Evening Social	Art Doodling	4:10 pm - 5:20 pm Music Jam	3:10 pm-4:00 pm Depression Bipolar Support Alliance - H	3:10 pm-4:00 pm Self Empowerment	raik Auventures
<b>H=Hybrid</b> <i>Group</i> . The group takes place both in-person and is offered online at the same time.	4:10 pm-4:50 pm Evening Social	5:30 pm - 6:45 pm NAMI Connections	Mtg# 871 1923 5151 4:10 pm-4:50 pm Evening Social	4:10 pm-4:50 pm Evening Social	4:10 pm-4:50 pm Evening Social



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17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday	22 Saturday
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	9:10 am - 10:00 am Morning Icebreaker
10:10 am-11:00 am Emotions Anonymous Mtg# 827 3012 1326	10:10 am - 11:00 am Train For Your Best Life	10:10 am -11:00 am Yoga	10:10 am - 12:00 pm Cooking 10:10 am-11:00 am	10:10 am-11:00 am Fundamentals of Farsi	10:10 am-11:00 am  Depression Bipolar Support Alliance - H
10:10 am - 11:00 am Outdoor Fitness	11:00 am - 3:00 pm	10:10 am -11:00 am Anxiety Management  11:10 am -12:00 pm	Art Journaling	10:10 am -12:00 pm Garden & Explore	Mtg# 871 1923 5151 10:10 am-11:00 am
11:10 am-12:00 pm Basic Spanish	Social Outing@ Regal Irvine Spectrum	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	Wellness Recovery Action Plan (WRAP+)  11:10 am -12:00 pm
11:10 am-12:00 pm Learning to Meditate		12:10 pm -1:00 pm Vision Board	11:10 am-12:00 pm Creative Hour	11:10 am-12:00 pm Fun & Games - H Mtg# 845 6764 2508	Schizophrenia Alliance - H Mtg# 817 0754 0588
12:10 pm-1:00 pm Art Social		12:10 pm -2:00 pm In House Cinema	11:10 am-12:00 pm Grief Support	11:10 am-12:00 pm Love Yourself	11:10 am -12:00 pm LGBTQ+ Support
12:10 pm-1:00 pm Free Form Exercise	11:10 am-12:00 pm A.A.	1:10 pm - 2:00 pm Men's Group - H Mtg# 885 4922 9004	12:10 pm -1:00 pm Social Hour	12:10 pm-1:00 pm Yoga 12:10 pm-1:00 pm	12:10 pm - 2:00 pm Role Playing Games
1:10 pm-2:00 pm N.A. 1:10 pm-2:00 pm	12:10 pm -1:00 pm Fun & Games 12:10 pm -1:00 pm	1:10 pm - 2:00 pm Woman's Group - H	1:10 pm-2:00 pm Chair Yoga	Around the World 12:30 pm-2:00 pm	12:10 pm - 1:00 pm Crocheting
Positive Thinking - H Mtg# 816 0034 3240	12:10 pm -1:00 pm  Art & Social  1:10 pm -2:00 pm	Mtg# 892 0324 5770  2:10 pm -3:00 pm	1:10 pm-2:00 pm Improv Theater	MAB Meeting  1:00 pm-2:00 pm  Learn Guitar	1:10 pm - 2:00 pm Creative Hour
2:10 pm-3:00 pm Coping Skills - H	Whole Person Care 1:10 pm-2:00 pm	Schizophrenia Alliance - H Mtg# 817 0754 0588	1:10 pm-2:00 pm Healthy Relationships -H Mtg# 824 9407 9234	1:10 pm - 2:00 pm <b>PTSD Support</b> 1:10 pm-2:00 pm	1:10 pm -2:00 pm Life In Process
Mtg# 847 1888 5480 2:10 pm-3:00 pm BINGO!	Laughter Yoga  1:10 pm - 2:00 pm  Boundaries/	2:10 pm - 3:00 pm Card Playing Games 3:10 pm - 4:00 pm	2:10 pm-3:00 pm Creative Writing	Water Colors 2:10 pm-3:00 pm	2:10 pm-3:00 pm OCD Support - H Mtg# 847 285 87362
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Evening Social	3:10 pm - 4:00 pm Art Doodling	4:10 pm - 5:20 pm <b>Music Jam</b> 5:30 pm - 6:45 pm	Mtg# 871 1923 5151 4:10 pm-4:50 pm	Music Jam 3:10 pm-4:00 pm Self Empowerment	4:10 pm-4:50 pm
	4·10 nm-4·50 nm	NAMI Connections	Fyoning Social	4:10 pm-4:50 pm	Evening Social

**Evening Social** 

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**NAMI Connections** 

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Saturday

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

24 Manday	25 Tuesday	26 147		
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24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 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 Mtg# 827 3012 1326	10:10 am - 11:00 am  Train For Your Best Life	10:10 am -11:00 am Yoga	10:10 am - 12:00 pm Cooking 10:10 am-11:00 am	10:10 am-11:00 am Fundamentals of Farsi	Phone:  Please Call:
10:10 am - 11:00 am Outdoor Fitness	10:10 am - 11:00 am Stress Management	10:10 am -11:00 am Anxiety Management 11:10 am -12:00 pm	Art Journaling	10:10 am -12:00 pm Garden & Explore	213-338-8477 Enter the meeting num- ber (mtg#) listed under
11:10 am-12:00 pm Learning to Meditate	11:00 am - 2:30 pm Putuidem Village & San Juan Capistrano	Community Meeting -H Mtg# 895 5733 6953 12:10 pm -1:00 pm	10:10 am -11:30 am Disc Golf @ Deerfield Park	10:10 am-11:00 am Emotional Resilience	the group when prompted You can also down-
12:10 pm-1:00 pm Art Social	11:10 am-12:00 pm A.A.	Vision Board	11:10 am-12:00 pm	11:10 am-12:00 pm Fun & Games - H Mtg# 845 6764 2508	load the ZOOM App from the App Store or Google play.
12:10 pm-1:00 pm Free Form Exercise 1:10 pm-2:00 pm	12:10 pm -1:00 pm Fun & Games	12:30 pm-3:30 pm Talent Show @ Wellness Center West	Creative Hour  11:10 am-12:00 pm  Grief Support	11:10 am-12:00 pm Love Yourself	<u>Join Groups via</u> <u>Computer:</u>
N.A.  1:10 pm-2:00 pm  Positive Thinking - H	12:10 pm -1:00 pm <b>Art &amp; Social</b> 1:10 pm - 2:00 pm	1:10 pm - 2:00 pm Men's Group - H	12:10 pm -1:00 pm Social Hour	12:10 pm-1:00 pm Yoga 12:10 pm-1:00 pm	Please go to: www.zoom.com & click Join a Meeting
Mtg# 816 0034 3240 2:10 pm-3:00 pm Coping Skills - H	Whole Person Care  1:10 pm - 2:00 pm  Boundaries/	Mtg# 885 4922 9004 1:10 pm - 2:00 pm Woman's Group - H	1:10 pm-2:00 pm Chair Yoga 1:10 pm-2:00 pm	Around the World  1:00 pm-2:00 pm  Learn Guitar	You will enter the meeting number (mtg#)
Mtg# 847 1888 5480 2:10 pm-3:00 pm BINGO!	Co-Dependency - H Mtg# 881 7269 7841 2:10 pm-3:00 pm	Mtg# 892 0324 5770  2:10 pm -3:00 pm  Schizophrenia Alliance - H	Improv Theater  1:10 pm-2:00 pm  Healthy Relationships - H	1:10 pm - 2:00 pm PTSD Support 1:10 pm-2:00 pm	Listed under the groups.
3:10 pm-4:00 pm  Depression Bipolar	Anger Management - H Mtg# 820 0635 8743	Mtg# 817 0754 0588  2:10 pm – 3:00 pm  Card Playing Games	Mtg# 824 9407 9234 2:10 pm-3:00 pm	Water Colors 2:10 pm-3:00 pm	We value your feedback! <u>Drop off a note in person</u> <u>or on our website.</u>
Support Alliance 4:10 pm-4:50 pm	3:10 pm - 4:00 pm Art Doodling	3:10 pm - 4:00 pm Sports Talk - H	Creative Writing  2:10 pm - 3:00 pm  Aging Gracefully	Sports Talk  2:10 pm-3:00 pm  Dual Diagnosis - H	wellnesscentersouth.org under comments & suggestions
Evening Social  H=Hybrid Group. The group takes place both in-person and is	2:45 - 4:30 SCO Monthly Food Distribution	Mtg# 831 2051 4738 3:10 pm - 4:00 pm Karaoke 4:10 pm - 5:20 pm	3:10 pm-4:00 pm Depression Bipolar Support Alliance - H Mtg# 871 1923 5151	Mtg# 856 3015 2718 3:10 pm-4:30 pm Music Jam	Please share with us your good news, gratitude & accomplishments <u>Drop off a note in per-</u>
offered online at the same time.  Copyright Clarvida of California, 2024, All Rights Reserved.	4:10 pm-4:50 pm Evening Social	Music Jam  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 Evening Social	son or on our website under the good news, gratitude & accom- plishments button
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