



Wellness Center South

February 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

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

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

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



New Group Times

Thursday
Improve Theater
1:10 pm - 2:00 pm

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

1 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

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

Please Join
WELLNESS CENTER SOUTH
to celebrate
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.

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 949-528-6822





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3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday	8 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> <p><u>10:10 am - 11:00 am</u> Stress Management</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>11:00 am - 3:00 pm Social Outing@ Regal Irvine Spectrum</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> Anxiety Management</p> <p><u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 895 5733 6953</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><u>12:00 pm - 1:00 pm</u> Wednesday Walk to Lunch: Taqueria de Anda</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> Schizophrenia Alliance - H Mtg# 817 0754 0588</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> <p><u>10:10 am - 12:00 pm</u> Cooking</p> <p><u>10:10 am-11:00 am</u> Art Journaling</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><u>10:10 am -11:30 am</u> Disc Golf @ Deerfield Park</p> </div> <p><u>11:10 am-12:00 pm</u> Creative Hour</p> <p><u>11:10 am-12:00 pm</u> Grief Support</p> <p><u>12:10 pm -1:00 pm</u> Social Hour</p> <p><u>1:10 pm-2:00 pm</u> Chair Yoga</p> <p><u>1:10 pm-2:00 pm</u> Healthy Relationships - H Mtg# 824 9407 9234</p> <p><u>1:10 pm-2:00 pm</u> Improv Theater</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> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><u>10:10 am -12:00 pm</u> Garden & Explore</p> </div> <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> <p><u>12:10 pm-1:00 pm</u> Yoga</p> <p><u>12:10 pm-1:00 pm</u> Around the World</p> <p><u>1:00 pm-2:00 pm</u> Learn Guitar</p> <p><u>1:10 pm - 2:00 pm</u> PTSD Support</p> <p><u>1:10 pm-2:00 pm</u> Water Colors</p> <p><u>2:10 pm-3:00 pm</u> Sports Talk</p> <p><u>2:10 pm-3:00 pm</u> Dual Diagnosis - H Mtg# 856 3015 2718</p> <p><u>3:10 pm-4:00 pm</u> Chat with MAB (H) Mtg# 881 5469 0081</p> <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> Creative Hour</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 black; padding: 5px; 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> <p>H=Hybrid Group. The group takes place both in-person and is offered online at the same time.</p>



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Wednesday 9:00 am-7:00 pm

24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 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 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: 2px solid black; padding: 5px; text-align: center;"> <p>11:00 am - 2:30 pm Putuidem Village & San Juan Capistrano</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: 2px solid black; padding: 5px; text-align: center;"> <p>2:45 - 4:30 SCO Monthly Food Distribution</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 Yoga</p> <p>10:10 am -11:00 am Anxiety Management</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>11:10 am -12:00 pm Community Meeting -H Mtg# 895 5733 6953</p> </div> <p>12:10 pm -1:00 pm Vision Board</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>12:30 pm-3:30 pm Talent Show @ 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> 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: 2px solid black; padding: 5px; text-align: center;"> <p>10:10 am -11:30 am Disc Golf @ Deerfield Park</p> </div> <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 Improv Theater</p> <p><u>1:10 pm-2:00 pm</u> 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><u>3:10 pm-4:00 pm</u> 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 black; padding: 5px; text-align: center;"> <p>10:10 am -12:00 pm 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> <p><u>2:10 pm-3:00 pm</u> 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 style="text-align: center;">Join Groups Via</p> <p style="text-align: center;">Phone:</p> <p style="text-align: center;">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</p> <p style="text-align: center;">Computer:</p> <p style="text-align: center;">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! <u>Drop off a note in person or on our website.</u> wellnesscentersouth.org under comments & suggestions Please share with us your good news, gratitude & accomplishments <u>Drop off a note in person or on our website</u> under the good news, gratitude & accomplishments button</p>