

*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 California Yellow Cab Taxi rides.

Call at: 949-528-6822

Or Email

zakia.bashir@clarvida.com



New Group Times

Wednesday

Marijuana Anonymous 10:10 am—11:00 am (1st & 3rd Wednesday)

Thursday

LGBTQ+ 11:10 am—12:00 pm

Friday

Creative Hour 11:10 am—12:00 pm

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<u>Join Groups Via</u> Phone:

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.

Join Groups via

Computer:

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</u> 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



NOWRUZ

Nowruz is the first day of Persian New Year and it is the first day of Spring.

Thursday, March 20, 2025 12:00 P.M. - 3:00 P.M.

Come and join us to celebrate Nowruz. WC staff and a member from the Persian community will have a presentation about Nowruz followed by lunch and Persian music and fun.



23072 Lake Center Dr. Ste #115 Lake Forest, CA 92630 949-528-6822







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 Creative Hour

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.



4:10 pm-4:50 pm

Evening Social

Art Doodling

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2024, All Rights Reserved.

4:10 pm - 5:20 pm

5:30 pm - 6:45 pm

NAMI Connections

Music Jam

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

23072 Lake Center Dr., Suite #115

3:10 pm-4:00 pm

4:10 pm-4:50 pm

Evening Social

Self Empowerment

Hours of Operation

Monday, Tuesday, Thursday, Friday, Saturday

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

H=Hybrid Group. The group takes

place both in-person and is offered

online at the same time.

Then Wellness and Resort	*Calendar is subject to change		Lake Forest, CA 92630		iesuay 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-	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 Fundamentals of Farsi	10:10 am-11:00 am Depression Bipolar
H-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	Support Alliance - H Mtg# 871 1923 5151
Outdoor Fitness	11.00 cm 3.00 cm	<u>10:10 am –11:00 am</u> M.A.	10:10 am -11:30 am		10:10 am-11:00 am Wellness Recovery
11:10 am-12:00 pm Learning to Meditate	11:00 am - 3:00 pm Social Outing@ Regal Irvine Spectrum	11:10 am -12:00 pm Community Meeting -H	Disc Golf @ Deerfield Park	10:10 am-11:00 am Emotional Resilience	Action Plan (WRAP+) 11:10 am -12:00 pm
12:10 pm-1:00 pm Art Social	6 RECAL	Mtg# 895 5733 6953	11:10 am -12:00 pm	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 Free Form Exercise		12:00 pm - 1:00 pm Wednesday Walk to Lunch: Taqueria de Anda	LGBTQ+ Support 11:10 am-12:00 pm	11:10 am-12:00 pm Love Yourself	11:10 am-12:00 pm
1:10 pm-2:00 pm N.A.	11:10 am-12:00 pm		Grief Support 12:10 pm -1:00 pm Social Hour	12:10 pm-1:00 pm Yoga	Creative Hour 12:10 pm - 2:00 pm
1:10 pm-2:00 pm Positive Thinking - H	A.A. 12:10 pm -1:00 pm	1:10 pm - 2:00 pm Men's Group - H	1:00 pm-2:00 pm Benefits Workshop With	12:10 pm-1:00 pm Around the World	Role Playing Games 1:10 pm - 2:00 pm
Mtg# 816 0034 3240	Fun & Games 12:10 pm -1:00 pm	Mtg# 885 4922 9004 1:10 pm - 2:00 pm	Dung Le-OC HCA.	1:00 pm-2:00 pm Learn Guitar 1:10 pm - 2:00 pm	Learn About Hobbies 1:10 pm -2:00 pm
2:10 pm-3:00 pm Coping Skills - H Mtg# 847 1888 5480	Art & Social 1:10 pm - 2:00 pm	Woman's Group - H Mtg# 892 0324 5770	1:10 pm-2:00 pm Chair Yoga	PTSD Support 1:10 pm-2:00 pm	Life In Process 2:10 pm-3:00 pm
2:10 pm-3:00 pm	Whole Person Care 1:10 pm-2:00 pm	2:10 pm -3:00 pm Schizophrenia Alliance - H Mtg# 817 0754 0588	1:10 pm-2:00 pm Healthy Relationships - H	Water Colors 2:10 pm-3:00 pm	OCD Support -H- Mtg# 847 285 87362
BINGO! 3:10 pm-4:00 pm	Laughter Yoga 1:10 pm - 2:00 pm	2:10 pm - 3:00 pm Card Playing Games	Mtg# 824 9407 9234 2:10 pm-3:00 pm	Sports Talk 2:10 pm-3:00 pm	3:10 pm-4:30 pm Karaoke
Depression Bipolar Support Alliance	Boundaries/ Co-Dependency - H Mtg# 881 7269 7841	3:10 pm - 4:00 pm	Creative Writing 2:10 pm - 3:00 pm	Dual Diagnosis - H Mtg# 856 3015 2718	<u>3:10 pm - 4:30 pm</u> Park Adventures
4:10 pm-4:50 pm Evening Social	2:10 pm-3:00 pm Anger Management - H	Sports Talk - H Mtg# 831 2051 4738	Aging Gracefully 3:10 pm-4:00 pm Depression Bipolar	3:10 pm-4:00 pm Chat with MAB (H) Mtg# 881 5469 0081	4:10 pm-4:50 pm
	Mtg# 820 0635 8743 3:10 pm - 4:00 pm	3:10 pm - 4:00 pm Karaoke 4:10 pm - 5:20 pm	Support Alliance - H Mtg# 871 1923 5151	3:10 pm-4:30 pm Music Jam	Evening Social

4:10 pm-4:50 pm

Evening Social



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4:10 pm-4:50 pm

Evening Social

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

Hours of Operation

Monday, Tuesday, Thursday, Friday, Saturday

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23072 Lake Center Dr., Suite #115 Lake Forest, CA 92630

Wellness and	*Calendar is subject to change				
10 Monday	11 Tuesday	12 Wednesday	13 Thursday	14 Friday	15 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	10:10 am - 11:00 am	10:10 am -11:00 am		10:10 am-11:00 am	10:10 am-11:00 am
Emotions Anonymous-H	Train For Your Best Life	Anxiety Management	9:30 am -12:30 pm	Fundamentals of Farsi	Depression Bipolar
Mtg# 827 3012 1326		11:10 am –12:00 pm	Health and Resource Fair		Support Alliance - H
10.10 11.00	<u>10:10 am – 11:00 am</u>	Community Meeting -H	@ Wellness Center Central	10:10 am -12:00 pm	Mtg# 871 1923 5151
10:10 am - 11:00 am Outdoor Fitness	Stress Management	Mtg# 895 5733 6953		Garden & Explore	10:10 am-11:00 am
Outdoor Fitness		12:10 pm –1:00 pm	<u>10:10 am - 12:00 pm</u>		Wellness Recovery
11:10 am-12:00 pm	11:00 am - 2:30 pm	Vision Board	Cooking	10:10 am-11:00 am	Action Plan (WRAP+)
Learning to Meditate	_		10:10 am-11:00 am	Emotional Resilience	11:10 am -12:00 pm
11:30 am-12:30 pm	Hilbert Museum Of	1 20 2 20	Art Journaling	11:10 am-12:00 pm	Schizophrenia
New Lung	California Art, Chapman University	1:00 pm-3:00 pm Bowling	11:10 am -12:00 pm	Fun & Games - H	Alliance - H
	Chapman University	@Saddleback Lanes	LGBTQ+ Support	Mtg# 845 6764 2508	Mtg# 817 0754 0588
12:10 pm-1:00 pm		Sign-up/Call @ Front Desk	11:10 am-12:00 pm	11:10 am-12:00 pm	11:10 am-12:00 pm
Art Social	•		Grief Support	Love Yourself	Creative Hour
12:10 pm-1:00 pm	11:10 am-12:00 pm	<u>1:10 pm - 2:00 pm</u>	<u>12:10 pm −1:00 pm</u>	12:10 pm-1:00 pm	
Free Form Exercise	A.A.	Men's Group - H	Social Hour	Yoga	12:10 pm - 2:00 pm
1:10 pm-2:00 pm	12:10 pm -1:00 pm	Mtg# 885 4922 9004	1:10 pm-2:00 pm	12:10 pm-1:00 pm	Role Playing Games
N.A.	Fun & Games	1:10 pm - 2:00 pm	Improv Theater 1:10 pm-2:00 pm	Around the World	<u>1:10 pm - 2:00 pm</u>
1:10 pm-2:00 pm	12:10 pm -1:00 pm	Woman's Group - H	Healthy Relationships - H		Learn About Hobbies
Positive Thinking - H	Art & Social	Mtg# 892 0324 5770	Mtg# 824 9407 9234	12:30 pm-2:00 pm MAB Meeting	1:10 pm -2:00 pm
Mtg# 816 0034 3240	1 10 2 00	2:10 pm -3:00 pm		J	Life In Process
2:10 pm-3:00 pm	1:10 pm - 2:00 pm Whole Person Care	Schizophrenia Alliance - H	1.45	1:00 pm-2:00 pm Learn Guitar	2:10 pm-3:00 pm
Coping Skills - H	whole Person Care	Mtg# 817 0754 0588	<u>1:45 pm - 3:30 pm</u> JOB CLUB □ □□	1:10 pm - 2:00 pm	OCD Support -H-
Mtg# 847 1888 5480	<u>1:10 pm – 2:00 pm</u>		JOB CLUB	PTSD Support	Mtg# 847 285 87362
2.10 2.00	Boundaries/	2:10 pm - 3:00 pm Card Playing Games		1:10 pm-2:00 pm	2.10 4.20
2:10 pm-3:00 pm BINGO!	Co-Dependency - H	Card Playing Games	2:10 pm-3:00 pm	Water Colors	3:10 pm-4:30 pm Karaoke
	Mtg# 881 7269 7841	<u>3:10 pm - 4:00 pm</u>	Creative Writing	2:10 pm-3:00 pm	Nai auke
3:10 pm-4:00 pm	2:10 pm-3:00 pm	Sports Talk - H	2:10 pm - 3:00 pm	Sports Talk	240 420
Depression Bipolar	Anger	Mtg# 831 2051 4738	Aging Gracefully	2:10 pm-3:00 pm	3:10 pm - 4:30 pm Park Adventures
Support Alliance	Management - H	3:10 pm - 4:00 pm	3:10 pm-4:00 pm	Dual Diagnosis - H	raik Auveillures
4:10 pm-4:50 pm	Mtg# 820 0635 8743	Karaoke	Depression Bipolar	Mtg# 856 3015 2718	
Evening Social	3:10 pm - 4:00 pm	4:10 pm - 5:20 pm	Support Alliance - H	3:10 pm-4:30 pm	4:10 pm-4:50 pm
	Art Doodling	Music Jam	Mtg# 871 1923 5151	Music Jam	Evening Social
			4:10 pm-4:50 pm	3:10 pm-4:00 pm	
H-Hybrid Crown The group	4:10 pm-4:50 pm	5:30 pm - 6:45 pm	Evening Social	Self Empowerment	

NAMI Connections

Evening Social

H=Hybrid Group. The group

takes place both in-person and is

offered online at the same time.



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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

22 Saturday

17 Monday 9:10 am -10:10 am

10:10 am-11:00 am Emotions Anonymous Mtg# 827 3012 1326

Morning Icebreaker

10:10 am - 11:00 am **Outdoor Fitness**

11:10 am-12:00 pm Learning to Meditate

12:10 pm-1:00 pm Art Social

12:10 pm-1:00 pm Free Form Exercise

1:10 pm-2:00 pm N.A.

1:10 pm-2:00 pm **Positive Thinking - H Mtg# 816 0034 3240**

2:10 pm-3:00 pm Coping Skills - H Mtg# 847 1888 5480

2:10 pm-3:00 pm BINGO!

3:10 pm-4:00 pm Depression Bipolar Support Alliance

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.

9:10 am -10:00 am Morning Icebreaker 10:10 am - 11:00 am Train For Your Best Life 10:10 am - 11:00 am Stress Management

18 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

 $\frac{3:10~pm-4:00~pm}{\textbf{Art Doodling}}$

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

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

19 Wednesday

10:10 am -11:00 am Yoga 10:10 am -11:00 am Anxiety Management 10:10 am -11:00 am M.A.

11:10 am -12:00 pm Community Meeting -H Mtg# 895 5733 6953 12:10 pm -1:00 pm Vision Board 12:10 pm -2:00 pm

In House Cinema
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

2:10 pm -3:00 pm 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

20 Thursday

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

10:10 am-11:00 am

Art Journaling

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

11:10 am -12:00 pm

12:00 pm -3:00 pm WCS Nowruz Celebration



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

21 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

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

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 Creative Hour

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

12:10 pm - 1:00 pm Crocheting

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=Hybrid Group. The group

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offered online at the same time.

4:10 pm-4:50 pm

Evening Social

Wellness Center South March 2025

Phone: (949) 528-6822

www.wellnesscentersouth.org

23072 Lake Center Dr., Suite #115

Hours of Operation

Monday, Tuesday, Thursday, Friday, Saturday

9:00 am - 5:00 pm Wednesday 0:00 am-7:00 nm

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4:10 pm-4:50 pm

Evening Social

Ser Diven Wellness and Read Service	*Calendar is subject to change		Lake Forest, CA 92630 Wedn		nesday 9:00 am-7:00 pm
24 Monday	25 Tuesday	26 Wednesday	27 Thursday	28 Friday	29 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 Yoga 10:10 am -11:00 am	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	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	11:00 am - 2:30 pm Surfing Heritage & Culture Center,	Community Meeting -H Mtg# 895 5733 6953 12:10 pm -1:00 pm	<u>10:10 am -11:30 am</u> 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	San Clemente	Vision Board	11:10 am -12:00 pm	11:10 am-12:00 pm Fun & Games - H	Schizophrenia Alliance - H
12:10 pm-1:00 pm Art Social	11:10 am-12:00 pm A.A. 12:10 pm -1:00 pm	1:00 pm-3:00 pm Bowling @Saddleback Lanes Sign-up/Call @ Front Desk	LGBTQ+ Support 11:10 am-12:00 pm	Mtg# 845 6764 2508 11:10 am-12:00 pm Love Yourself	Mtg# 817 0754 0588 11:10 am-12:00 pm Creative Hour
12:10 pm-1:00 pm Free Form Exercise	Fun & Games 12:10 pm -1:00 pm	1:10 pm - 2:00 pm	Grief Support 12:10 pm -1:00 pm Social Hour	12:10 pm-1:00 pm Yoga	12:10 pm - 2:00 pm Role Playing Games
1:10 pm-2:00 pm N.A.	Art & Social 1:10 pm - 2:00 pm Whole Person Care	Men's Group - H Mtg# 885 4922 9004	1:10 pm-2:00 pm Chair Yoga	12:10 pm-1:00 pm Around the World	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 Boundaries/	1:10 pm - 2:00 pm Woman's Group - H Mtg# 892 0324 5770	1:10 pm-2:00 pm Improv Theater	1:00 pm-2:00 pm Learn Guitar 1:10 pm – 2:00 pm	1:10 pm - 2:00 pm Learn About Hobbies
2:10 pm-3:00 pm Coping Skills - H	Co-Dependency - H Mtg# 881 7269 7841	2:10 pm -3:00 pm Schizophrenia Alliance - H Mtg# 817 0754 0588	1:10 pm-2:00 pm Healthy Relationships - H	PTSD Support 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	2:10 pm-3:00 pm Anger Management - H Mtg# 820 0635 8743	2:10 pm - 3:00 pm Card Playing Games	Mtg# 824 9407 9234 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
BINGO! 3:10 pm-4:00 pm Depression Bipolar	3:10 pm - 4:00 pm Art Doodling	3:10 pm - 4:00 pm Sports Talk - H Mtg# 831 2051 4738	2:10 pm - 3:00 pm Aging Gracefully	Sports Talk 2:10 pm-3:00 pm Dual Diagnosis - H	3:10 pm-4:30 pm Karaoke
Support Alliance 4:10 pm-4:50 pm	2:45 - 4:30 SCO Monthly	3:10 pm - 4:00 pm Karaoke	3:10 pm-4:00 pm Depression Bipolar	Mtg# 856 3015 2718 3:10 pm-4:30 pm Music Jam	3:10 pm - 4:30 pm Park Adventures
Evening Social	Food Distribution	4:10 pm - 5:20 pm Music Jam	Support Alliance - H Mtg# 871 1923 5151 4:10 pm-4:50 pm	3:10 pm-4:00 pm Self Empowerment	4:10 pm-4:50 pm Evening Social

4:10 pm-4:50 pm

Evening Social

5:30 pm - 6:45 pm

NAMI Connections



*Calendar is subject to change

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Monday, Tuesday, Thursday, Friday, Saturday

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

31 Monday

9:10 am -10:10 am Morning Icebreaker

10:10 am-11:00 am Emotions Anonymous-H Mtg# 827 3012 1326

<u>10:10 am - 11:00 am</u> **Outdoor Fitness**

11:10 am-12:00 pm Basic Spanish

11:10 am-12:00 pm Learning to Meditate

12:10 pm-1:00 pm Art Social 12:10 pm-1:00 pm Free Form Exercise

1:10 pm-2:00 pm **N.A.**

1:10 pm-2:00 pm Positive Thinking - H Mtg# 816 0034 3240

2:10 pm-3:00 pm Coping Skills - H Mtg# 847 1888 5480

2:10 pm-3:00 pm BINGO!

3:10 pm-4:00 pm Depression Bipolar Support Alliance

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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YOU ARE NOT ALONE

If you, a family member, or a loved one is experiencing mental health concerns, substance abuse, loneliness or are in need of community resources, our OC WarmLine is here for you at no-cost.

The OC WARMLine
Emotional Support & Resources 24/7

TEXT OR CALL: (714) 991-6412

LIVECHAT AT: WWW.NAMIOC.ORG

EMAIL: WL@NAMIOC.ORG



988 SUICIDE & CRISIS

24/7 CALL, TEXT, CHAT

