



Wellness Center South

March 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 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.

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

Join Groups Via

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!

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

WELLNESS CENTER SOUTH
WELCOMES YOU TO JOIN US
CELEBRATE

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





Wellness Center South

March 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

| 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- H-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> 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>10:10 am -11:00 am</u> M.A.</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> LGBTQ+ Support</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>1:00 pm-2:00 pm</u> Benefits Workshop With Dung Le-OC HCA.</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>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> Creative Hour</p> <p><u>12:10 pm - 2:00 pm</u> Role Playing Games</p> <p><u>1:10 pm - 2:00 pm</u> Learn About Hobbies</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> |



Wellness Center South

March 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

| 10 Monday | 11 Tuesday | 12 Wednesday | 13 Thursday | 14 Friday | 15 Saturday |
|--|--|--|---|---|--|
| <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><u>10:10 am - 11:00 am</u> Outdoor Fitness</p> <p><u>11:10 am-12:00 pm</u> Learning to Meditate</p> <p><u>11:30 am-12:30 pm</u> New Lung</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 - 2:30 pm Hilbert Museum Of California Art, Chapman University</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> 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> Anxiety Management</p> <p><u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 895 5733 6953</p> <p><u>12:10 pm -1:00 pm</u> Vision Board</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>1:00 pm-3:00 pm Bowling @Saddleback Lanes Sign-up/Call @ Front Desk</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> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><u>9:30 am -12:30 pm</u> Health and Resource Fair @ Wellness Center Central</p> </div> <p><u>10:10 am - 12:00 pm</u> Cooking</p> <p><u>10:10 am-11:00 am</u> Art Journaling</p> <p><u>11:10 am -12:00 pm</u> LGBTQ+ Support</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> Improv Theater</p> <p><u>1:10 pm-2:00 pm</u> Healthy Relationships - H Mtg# 824 9407 9234</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>1:45 pm - 3:30 pm JOB CLUB</p> </div> <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>12:30 pm-2:00 pm</u> MAB Meeting</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-4:30 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> Creative Hour</p> <p><u>12:10 pm - 2:00 pm</u> Role Playing Games</p> <p><u>1:10 pm - 2:00 pm</u> Learn About Hobbies</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>3:10 pm - 4:30 pm Park Adventures</p> </div> <p><u>4:10 pm-4:50 pm</u> Evening Social</p> |

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



Wellness Center South



March 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

| 17 Monday | 18 Tuesday | 19 Wednesday | 20 Thursday | 21 Friday | 22 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> 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: 10px; text-align: center;"> <p><u>11:00 am - 3:00 pm</u> 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> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><u>9:30 am -12:30 pm</u> Education Fair @ Wellness Center West</p> </div> <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>10:10 am -11:00 am</u> M.A.</p> <p><u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 895 5733 6953</p> <p><u>12:10 pm -1:00 pm</u> Vision Board</p> <p><u>12:10 pm -2:00 pm</u> 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><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> <p><u>11:10 am -12:00 pm</u> LGBTQ+ Support</p> <p><u>11:10 am-12:00 pm</u> Grief Support</p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><u>12:00 pm -3:00 pm</u> WCS Nowruz Celebration</p>  </div> <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: 10px; 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-4:30 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> Creative Hour</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> Learn About Hobbies</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: 10px; 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> |

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

Copyright Clarvida of California, 2024. All Rights Reserved.



Wellness Center South

March 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

| 24 Monday | 25 Tuesday | 26 Wednesday | 27 Thursday | 28 Friday | 29 Saturday |
|--|---|--|---|--|--|
| <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: 2px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>11:00 am - 2:30 pm Surfing Heritage & Culture Center, San Clemente</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; border-radius: 15px; 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> <p><u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 895 5733 6953</p> <p>12:10 pm -1:00 pm Vision Board</p> <div style="border: 2px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>1:00 pm-3:00 pm Bowling @Saddleback Lanes Sign-up/Call @ Front Desk</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; border-radius: 15px; 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 LGBTQ+ Support</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; border-radius: 15px; 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> <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>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>10:10 am-11:00 am Wellness Recovery Action Plan (WRAP+)</p> <p><u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p>11:10 am-12:00 pm Creative Hour</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 Learn About Hobbies</p> <p>1:10 pm -2:00 pm Life In Process</p> <p><u>2:10 pm-3:00 pm</u> OCD Support - H Mtg# 847 285 87362</p> <p>3:10 pm-4:30 pm Karaoke</p> <div style="border: 2px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>3:10 pm - 4:30 pm Park Adventures</p> </div> <p>4:10 pm-4:50 pm Evening Social</p> <p style="text-align: right;"><i>Copyright Clarvida of California, 2024, All Rights Reserved.</i></p> |



Wellness Center South

March 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

31 Monday

9:10 am -10:10 am
Morning Icebreaker

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

10:10 am – 11:00 am
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.

Copyright Clarvida of California, 2024, All Rights Reserved.

Links^{24/7}
855-OC LINKS
(855-625-4657)
Behavioral Health Services Line

Navigator
Find help in Orange County by connecting with resources for health, wellness, and more.

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 **W&RMLine**
Emotional Support & Resources 24/7

TEXT OR CALL: (714) 991-6412

LIVECHAT AT: WWW.NAMIOC.ORG
EMAIL: WL@NAMIOC.ORG

Support is here.

24/7

988 SUICIDE & CRISIS LIFELINE

24/7 CALL, TEXT, CHAT

IN CASE OF EMERGENCY
Call 911