

*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

Monday Schizophrenia Alliance 10:10 am—11:00 am

Wednesday Community Meeting 12:10 pm—1:00 pm (April 9th)

Friday Marijuana Anonymous (M.A.) 10:10 am—11:00 am (1st & 3rd Friday)

Fundamentals of Farsi 10:10 am—11:00 am (2nd & 4th Friday)

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1 Tuesday

9:10 am - 10:00 am Morning Icebreaker

10:10 am - 11:00 am Stress Management

> 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

3:10 pm - 4:00 pm **Art Doodling**

4:10 pm-4:50 pm Evening Social

2 Wednesday

9:10 am - 10:00 am Morning Icebreaker

10:10 am -11:00 am **Yoga**

10:10 am -11:00 am Anxiety Management

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

12:00 pm - 1:00 pm Wednesday Walk to Lunch Taqueria de Anda





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

2 Thursday

10:10 am - 12:00 pm Cooking

10:10 am-11:00 am

Art Journaling

11:10 am -12:00 pm LGBTO+ Support

10:10 am -11:30 am

Disc Golf

@ Deerfield Park

11:10 am-12:00 pm Grief Support

12:10 pm –1:00 pm Social Hour

1:10 pm-2:00 pm Improv Theater

1:10 pm-2:00 pm Chair Yoga

1:10 pm-2:00 pm Healthy Relationships - H Mtg# 824 9407 9234

2:10 pm-3:00 pm Creative Writing

2:10 pm - 3:00 pm Aging Gracefully

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** 10:10 am-11:00 am **M.A.**

> 10:10 am -12:00 pm Garden & Explore

4 Friday

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-4:00 pm

3:10 pm-4:00 pm Chat with MAB (H) Mtg# 881 5469 0081 3:10 pm-4:30 pm

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

5 Saturday

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

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



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

7 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 Schizophrenia Alliance H- Mtg# 817 0754 0588

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

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8 Tuesday

10:10 am - 11:00 am Stress Management

> 11:00 am - 2:30 pm Old Orange County Courthouse, Santa Ana



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 **Boundaries/ Co-Dependency - H Mtg# 881 7269 7841**

2:10 pm-3:00 pm Anger Management - H Mtg# 820 0635 8743

3:10 pm - 4:00 pm Art Doodling

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

> 10:00 am - 12:00 pm WCS

Education Fair

9 Wednesday

12:10 pm –1:00 pm Community Meeting –H Mtg# 895 5733 6953

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 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

10 Thursday

10:10 am - 12:00 pm Cooking

10:10 am-11:00 am

Art Journaling

10:10 am -11:30 am Disc Golf @ Deerfield Park

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

11:10 am-12:00 pm Grief Support

12:10 pm -1:00 pm Social Hour

1:10 pm-2:00 pm Improv Theater

1:10 pm-2:00 pm Chair Yoga

1:10 pm-2:00 pm **Healthy Relationships - H Mtg# 824 9407 9234**

1:45 pm - 3:30 pm IOB CLUB

2:10 pm-3:00 pm Creative Writing

2:10 pm - 3:00 pm Aging Gracefully

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** 10:10 am-11:00 am

11 Friday

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

12:30 pm-2:00 pm MAB Meeting

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 Empowermen

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

12 Saturday

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+)

> 10:30 am - 1:30 pm Talent Show @ Wellness Center Central

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 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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Hours of Operation

Monday, Tuesday, Thursday, Friday, Saturday

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

14 Monday	15 Tuesday	16 Wednesday	17 Thursday	18 Friday	19 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	<u>10:10 am – 11:00 am</u>	10:10 am -11:00 am	10:10 am - 12:00 pm	10:10 am-11:00 am	10:10 am-11:00 am
Emotions Anonymous-H	Stress Management	Yoga	Cooking	M.A.	Depression Bipolar
Mtg# 827 3012 1326		10:10 am -11:00 am	10:10 am-11:00 am Art Journaling	10:10 am 12:00 nm	Support Alliance - H Mtg# 871 1923 5151
10:10 am -11:00 am Schizophrenia Alliance - H	11:00 am - 3:00 pm	Anxiety Management	Art Journaining	<u>10:10 am -12:00 pm</u> Garden & Explore	10:10 am-11:00 am
Mtg# 817 0754 0588	Social Outing @ Regal Irvine Spectrum	11:10 am -12:00 pm Community Meeting -H	10:10 am -11:30 am		Wellness Recovery
11:10 am-12:00 pm	Regai ii vine speeti um	Mtg# 895 5733 6953	10:10 am -11:50 am Disc Golf	10:10 am-11:00 am	Action Plan (WRAP+)
Basic Spanish	(C) REGAL	12:10 pm –1:00 pm	@ Deerfield Park	Emotional Resilience	11:10 am -12:00 pm
11:10 am-12:00 pm	V.	Vision Board	_	11:10 am-12:00 pm	Schizophrenia
Learning to Meditate			11.10 ave 12.00 mm	Fun & Games - H Mtg# 845 6764 2508	Alliance - H
11:30 am-12:30 pm New Lung		12:30 pm-3:30 pm	11:10 am -12:00 pm LGBTQ+ Support		Mtg# 817 0754 0588
_	11:10 am-12:00 pm	Multi-Cultural Celebration @		11:10 am-12:00 pm Love Yourself	11:10 am-12:00 pm Creative Hour
<u>12:10 pm-1:00 pm</u> Art Social	A.A.	Wellness Center West	11:10 am-12:00 pm Grief Support	12:10 pm-1:00 pm	
12:10 pm-1:00 pm	12:10 pm -1:00 pm		12:10 pm -1:00 pm	Yoga	12:10 pm - 2:00 pm Role Playing Games
Free Form Exercise	Fun & Games		Social Hour	12:10 pm-1:00 pm	12:10 pm - 1:00 pm
1:10 pm-2:00 pm	12:10 pm -1:00 pm	1:10 pm - 2:00 pm	1:10 pm-2:00 pm	Around the World	Crocheting
N.A.	Art & Social	Men's Group - H	Improv Theater	1:00 pm-2:00 pm	1:10 pm - 2:00 pm
1:10 pm-2:00 pm	1:10 pm – 2:00 pm	Mtg# 885 4922 9004	1:00 pm-2:00 pm	Learn Guitar	Learn About Hobbies
Positive Thinking - H	Whole Person Care	1:10 pm - 2:00 pm	Benefits Workshop With	<u>1:10 pm – 2:00 pm</u>	1:10 pm -2:00 pm
Mtg# 816 0034 3240	1:10 pm-2:00 pm	Woman's Group - H Mtg# 892 0324 5770	Dung Le-OC HCA.	PTSD Support	Life In Process
2:10 pm-3:00 pm	Laughter Yoga		1:10 pm-2:00 pm	1:10 pm-2:00 pm	2:10 pm-3:00 pm
Coping Skills - H Mtg# 847 1888 5480	1:10 pm – 2:00 pm	2:10 pm – 3:00 pm Card Playing Games	Healthy Relationships - H	Water Colors	OCD Support -H
o .	Boundaries/		Mtg# 824 9407 9234	2:10 pm-3:00 pm Sports Talk	Mtg# 847 285 87362
2:10 pm-3:00 pm BINGO!	Co-Dependency - H Mtg# 881 7269 7841	3:10 pm - 4:00 pm Sports Talk - H	2:10 pm-3:00 pm Creative Writing	•	3:10 pm-4:30 pm
3:10 pm-4:00 pm		Mtg# 831 2051 4738	2:10 pm - 3:00 pm	2:10 pm-3:00 pm Dual Diagnosis - H	Karaoke
Depression Bipolar	2:10 pm-3:00 pm Anger Management - H	3:10 pm - 4:00 pm	Aging Gracefully	Mtg# 856 3015 2718	3:10 pm - 4:30 pm
Support Alliance	Mtg# 820 0635 8743	Karaoke	3:10 pm-4:00 pm	3:10 pm-4:30 pm	Park Adventures
4:10 pm-4:50 pm	3:10 pm - 4:00 pm	4:10 pm - 5:20 pm	Depression Bipolar	Music Jam	
Evening Social	Art Doodling	Music Jam	Support Alliance - H	3:10 pm-4:00 pm	4:10 pm-4:50 pm
	4:10 pm-4:50 pm	5:30 pm - 6:45 pm	Mtg# 871 1923 5151	Self Empowerment	Evening Social
H=Hybrid <i>Group</i> . The group takes place both in-person and is	Evening Social	NAMI Connections	4:10 pm-4:50 pm	4:10 pm-4:50 pm	_
offered online at the same time.			Evening Social	Evening Social	Copyright Clarvida of California, 2024, All Rights Reserved.



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Self Empowerment

4:10 pm-4:50 pm

Evening Social

Hours of Operation

Monday, Tuesday, Thursday, Friday, Saturday

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

Evening Social

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Wen Wellness and aed	*Calendar is subject to change		Lake Forest, CA 92630		•
21 Monday	22 Tuesday	23 Wednesday	24 Thursday	25 Friday	26 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 Stress Management	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	8:00 am—5:00 pm Meeting of the Minds, Anaheim Marriot	10:10 am-11:00 am Depression Bipolar Support Alliance - H
10:10 am -11:00 am Schizophrenia Alliance - H Mtg# 817 0754 0588 11:10 am-12:00 pm	11:00 am - 2:30 pm Balboa Island Museum, Newport Beach	Anxiety Management 11:10 am -12:00 pm Community Meeting -H Mtg# 895 5733 6953	Art Journaling 10:10 am -11:30 am Disc Golf	10:10 am-11:00 am Fundamentals of Farsi	Mtg# 871 1923 5151 10:10 am-11:00 am Wellness Recovery Action Plan (WRAP+)
Basic Spanish 11:10 am-12:00 pm Learning to Meditate	11:10 am-12:00 pm	12:10 pm –1:00 pm Vision Board	@ Deerfield Park 11:10 am -12:00 pm	10:10 am-11:00 am Emotional Resilience 11:10 am-12:00 pm	11:10 am -12:00 pm Schizophrenia Alliance - H Mtg# 817 0754 0588
12:10 pm-1:00 pm Art Social 12:10 pm-1:00 pm	A.A. 12:10 pm -1:00 pm Fun & Games	1:00 pm-3:00 pm Bowling @Saddleback Lanes Sign-up/Call @ Front Desk	LGBTQ+ Support 11:10 am-12:00 pm Grief Support	Fun & Games - H Mtg# 845 6764 2508 11:10 am-12:00 pm	11:10 am-12:00 pm Creative Hour 12:10 pm - 2:00 pm
Free Form Exercise 1:10 pm-2:00 pm N.A.	12:10 pm -1:00 pm Art & Social 1:10 pm -2:00 pm	1:10 pm - 2:00 pm Men's Group - H	12:10 pm -1:00 pm Social Hour 1:10 pm-2:00 pm	Love Yourself 12:10 pm-1:00 pm Yoga	Role Playing Games 12:10 pm - 1:00 pm Crocheting
1:10 pm-2:00 pm Positive Thinking - H Mtg# 816 0034 3240	Whole Person Care 1:10 pm - 2:00 pm Boundaries/ Co-Dependency - H	Mtg# 885 4922 9004 1:10 pm - 2:00 pm Woman's Group - H	Improv Theater 1:10 pm-2:00 pm Chair Yoga	12:10 pm-1:00 pm Around the World 1:00 pm-2:00 pm	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	Co-Dependency - H Mtg# 881 7269 7841 2:10 pm-3:00 pm Anger Management - H	Mtg# 892 0324 5770 2:10 pm - 3:00 pm Card Playing Games	1:10 pm-2:00 pm Healthy Relationships - H-Mtg# 824 9407 9234	Learn Guitar 1:10 pm - 2:00 pm PTSD Support	Life In Process 2:10 pm-3:00 pm OCD Support - H
2:10 pm-3:00 pm BINGO! 3:10 pm-4:00 pm	Mtg# 820 0635 8743 2:45 - 4:30	3:10 pm - 4:00 pm Sports Talk - H Mtg# 831 2051 4738	2:10 pm-3:00 pm Creative Writing 2:10 pm – 3:00 pm	1:10 pm-2:00 pm Water Colors 2:10 pm-3:00 pm Dual Diagnosis - H	Mtg# 847 285 87362 3:10 pm-4:30 pm Karaoke
Depression Bipolar Support Alliance	SCO Monthly Food Distribution	3:10 pm - 4:00 pm Karaoke 4:10 pm - 5:20 pm	Aging Gracefully 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	3:10 pm - 4:00 pm Art Doodling	Music Jam	Support Alliance - H Mtg# 871 1923 5151	3:10 pm-4:00 pm Self Empowerment	4:10 pm-4:50 pm

4:10 pm-4:50 pm

Evening Social

5:30 pm - 6:45 pm

NAMI Connections

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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28 Monday

9:10 am -10:10 am Morning Icebreaker

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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.

29 Tuesday

9:10 am - 10:00 am Morning Icebreaker

<u>10:10 am - 11:00 am</u> **Stress Management**

> 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

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4:10 pm-4:50 pm Evening Social

30 Wednesday

9:10 am - 10:00 am Morning Icebreaker

10:10 am -11:00 am **Yoga**

10:10 am -11:00 am
Anxiety Management

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

12:10 pm -1:00 pm Vision Board



1:00 pm-3:00 pm Bowling Saddleback Lanes

@Saddleback Lanes Sign-up/Call @ Front Desk

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 Card Playing Games

3:10 pm - 4:00 pm **Sports Talk - H Mtg# 831 2051 4738**

3:10 pm - 4:00 pm Karaoke

<u>4:10 pm - 5:20 pm</u> **Music Iam**

5:30 pm - 6:45 pm NAMI Connections

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

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 <u>Drop off a note in person or on our website</u> under the good news, gratitude & accomplishments button





24/7 CALL, TEXT, CHAT

