



# Wellness Center South

## April 2025




*\*Calendar is subject to change*

**Phone: (949) 528-6822**  
[www.wellnesscentersouth.org](http://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 Tuesday   | 2 Wednesday   | 2 Thursday   | 4 Friday  | 5 Saturday   |
|--|---|---|--|---|--|
| <p>WCS provides shuttle rides to the members who have transportation barriers.</p> <p>Please speak with Zakia Bashir to get information about WCS Transportation Service and California Yellow Cab Taxi rides.</p> <p>Call at: 949-528-6822<br/>           Or Email <a href="mailto:zakia.bashir@clarvida.com">zakia.bashir@clarvida.com</a></p>  <p><b>New Group Times</b></p> <p>Monday<br/>           Schizophrenia Alliance<br/>           10:10 am—11:00 am</p> <p>Wednesday<br/>           Community Meeting<br/>           12:10 pm—1:00 pm<br/>           (April 9th)</p> <p>Friday<br/>           Marijuana Anonymous (M.A.)<br/>           10:10 am—11:00 am<br/>           (1st &amp; 3rd Friday)</p> <p>Fundamentals of Farsi<br/>           10:10 am—11:00 am<br/>           (2nd &amp; 4th Friday)</p> | <p>9:10 am - 10:00 am<br/> <b>Morning Icebreaker</b></p> <p>10:10 am - 11:00 am<br/> <b>Stress Management</b></p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><b>11:00 am - 3:00 pm</b><br/>           Social Outing @<br/>           Regal Irvine Spectrum</p>  </div> <p>11:10 am-12:00 pm<br/> <b>A.A.</b></p> <p>12:10 pm -1:00 pm<br/> <b>Fun &amp; Games</b></p> <p>12:10 pm -1:00 pm<br/> <b>Art &amp; Social</b></p> <p>1:10 pm – 2:00 pm<br/> <b>Whole Person Care</b></p> <p>1:10 pm-2:00 pm<br/> <b>Laughter Yoga</b></p> <p>1:10 pm – 2:00 pm<br/> <b>Boundaries/<br/>           Co-Dependency - H</b><br/> <b>Mtg# 881 7269 7841</b></p> <p>2:10 pm-3:00 pm<br/> <b>Anger Management - H</b><br/> <b>Mtg# 820 0635 8743</b></p> <p>3:10 pm - 4:00 pm<br/> <b>Art Doodling</b></p> <p>4:10 pm-4:50 pm<br/> <b>Evening Social</b></p> | <p>9:10 am - 10:00 am<br/> <b>Morning Icebreaker</b></p> <p>10:10 am -11:00 am<br/> <b>Yoga</b></p> <p>10:10 am -11:00 am<br/> <b>Anxiety Management</b></p> <p>11:10 am -12:00 pm<br/> <b>Community Meeting -H</b><br/> <b>Mtg# 895 5733 6953</b></p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>12:00 pm - 1:00 pm<br/> <b>Wednesday Walk to Lunch</b><br/> <b>Taqueria de Anda</b></p>  </div> <p>1:10 pm - 2:00 pm<br/> <b>Men's Group - H</b><br/> <b>Mtg# 885 4922 9004</b></p> <p>1:10 pm - 2:00 pm<br/> <b>Woman's Group - H</b><br/> <b>Mtg# 892 0324 5770</b></p> <p>2:10 pm -3:00 pm<br/> <b>Schizophrenia Alliance - H</b><br/> <b>Mtg# 817 0754 0588</b></p> <p>2:10 pm – 3:00 pm<br/> <b>Card Playing Games</b></p> <p>3:10 pm - 4:00 pm<br/> <b>Sports Talk - H</b><br/> <b>Mtg# 831 2051 4738</b></p> <p>3:10 pm - 4:00 pm<br/> <b>Karaoke</b></p> <p>4:10 pm - 5:20 pm<br/> <b>Music Jam</b></p> <p>5:30 pm - 6:45 pm<br/> <b>NAMI Connections</b></p> | <p>9:10 am - 10:00 am<br/> <b>Morning Icebreaker</b></p> <p>10:10 am - 12:00 pm<br/> <b>Cooking</b></p> <p>10:10 am-11:00 am<br/> <b>Art Journaling</b></p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>10:10 am -11:30 am<br/> <b>Disc Golf</b><br/> <b>@ Deerfield Park</b></p> </div> <p>11:10 am -12:00 pm<br/> <b>LGBTQ+ Support</b></p> <p>11:10 am-12:00 pm<br/> <b>Grief Support</b></p> <p>12:10 pm -1:00 pm<br/> <b>Social Hour</b></p> <p>1:10 pm-2:00 pm<br/> <b>Improv Theater</b></p> <p>1:10 pm-2:00 pm<br/> <b>Chair Yoga</b></p> <p>1:10 pm-2:00 pm<br/> <b>Healthy Relationships - H</b><br/> <b>Mtg# 824 9407 9234</b></p> <p>2:10 pm-3:00 pm<br/> <b>Creative Writing</b></p> <p>2:10 pm – 3:00 pm<br/> <b>Aging Gracefully</b></p> <p>3:10 pm-4:00 pm<br/> <b>Depression Bipolar<br/>           Support Alliance - H</b><br/> <b>Mtg# 871 1923 5151</b></p> <p>4:10 pm-4:50 pm<br/> <b>Evening Social</b></p> | <p>9:10 am - 10:00 am<br/> <b>Morning Icebreaker</b></p> <p>10:10 am-11:00 am<br/> <b>M.A.</b></p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>10:10 am -12:00 pm<br/> <b>Garden &amp; Explore</b></p> </div> <p>10:10 am-11:00 am<br/> <b>Emotional Resilience</b></p> <p>11:10 am-12:00 pm<br/> <b>Fun &amp; Games - H</b><br/> <b>Mtg# 845 6764 2508</b></p> <p>11:10 am-12:00 pm<br/> <b>Love Yourself</b></p> <p>12:10 pm-1:00 pm<br/> <b>Yoga</b></p> <p>12:10 pm-1:00 pm<br/> <b>Around the World</b></p> <p>1:00 pm-2:00 pm<br/> <b>Learn Guitar</b></p> <p>1:10 pm – 2:00 pm<br/> <b>PTSD Support</b></p> <p>1:10 pm-2:00 pm<br/> <b>Water Colors</b></p> <p>2:10 pm-3:00 pm<br/> <b>Sports Talk</b></p> <p>2:10 pm-3:00 pm<br/> <b>Dual Diagnosis - H</b><br/> <b>Mtg# 856 3015 2718</b></p> <p>3:10 pm-4:00 pm<br/> <b>Chat with MAB (H)</b><br/> <b>Mtg# 881 5469 0081</b></p> <p>3:10 pm-4:30 pm<br/> <b>Music Jam</b></p> <p>3:10 pm-4:00 pm<br/> <b>Self Empowerment</b></p> <p>4:10 pm-4:50 pm<br/> <b>Evening Social</b></p> | <p>9:10 am - 10:00 am<br/> <b>Morning Icebreaker</b></p> <p>10:10 am-11:00 am<br/> <b>Depression Bipolar<br/>           Support Alliance - H</b><br/> <b>Mtg# 871 1923 5151</b></p> <p>10:10 am-11:00 am<br/> <b>Wellness Recovery<br/>           Action Plan (WRAP+)</b></p> <p>11:10 am -12:00 pm<br/> <b>Schizophrenia<br/>           Alliance - H</b><br/> <b>Mtg# 817 0754 0588</b></p> <p>11:10 am-12:00 pm<br/> <b>Creative Hour</b></p> <p>12:10 pm - 2:00 pm<br/> <b>Role Playing Games</b></p> <p>12:10 pm - 1:00 pm<br/> <b>Crocheting</b></p> <p>1:10 pm - 2:00 pm<br/> <b>Learn About Hobbies</b></p> <p>1:10 pm -2:00 pm<br/> <b>Life In Process</b></p> <p>2:10 pm-3:00 pm<br/> <b>OCD Support -H</b><br/> <b>Mtg# 847 285 87362</b></p> <p>3:10 pm-4:30 pm<br/> <b>Karaoke</b></p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>3:10 pm - 4:30 pm<br/> <b>Park Adventures</b></p> </div> <p>4:10 pm-4:50 pm<br/> <b>Evening Social</b></p> <p><b>H=Hybrid Group.</b> The group takes place both in-person and is offered online at the same time.</p> |



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9:00 am - 5:00 pm  
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| 7 Monday  | 8 Tuesday  | 9 Wednesday  | 10 Thursday  | 11 Friday  | 12 Saturday  |
|---|--|--|--|--|--|
| <p>9:10 am -10:10 am<br/><b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u><br/><b>Emotions Anonymous-<br/>H-Mtg# 827 3012 1326</b></p> <p><u>10:10 am -11:00 am</u><br/><b>Schizophrenia Alliance -<br/>H- Mtg# 817 0754 0588</b></p> <p><u>11:10 am-12:00 pm</u><br/><b>Basic Spanish</b></p> <p><u>11:10 am-12:00 pm</u><br/><b>Learning to Meditate</b></p> <p><u>12:10 pm-1:00 pm</u><br/><b>Art Social</b></p> <p><u>12:10 pm-1:00 pm</u><br/><b>Free Form Exercise</b></p> <p><u>1:10 pm-2:00 pm</u><br/><b>N.A.</b></p> <p><u>1:10 pm-2:00 pm</u><br/><b>Positive Thinking - H<br/>Mtg# 816 0034 3240</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>Coping Skills - H<br/>Mtg# 847 1888 5480</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>BINGO!</b></p> <p><u>3:10 pm-4:00 pm</u><br/><b>Depression Bipolar<br/>Support Alliance</b></p> <p><u>4:10 pm-4:50 pm</u><br/><b>Evening Social</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p><u>10:10 am - 11:00 am</u><br/><b>Stress Management</b></p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><u>11:00 am - 2:30 pm</u><br/><b>Old Orange County<br/>Courthouse, Santa Ana</b></p>  </div> <p><u>11:10 am-12:00 pm</u><br/><b>A.A.</b></p> <p><u>12:10 pm -1:00 pm</u><br/><b>Fun &amp; Games</b></p> <p><u>12:10 pm -1:00 pm</u><br/><b>Art &amp; Social</b></p> <p><u>1:10 pm - 2:00 pm</u><br/><b>Whole Person Care</b></p> <p><u>1:10 pm - 2:00 pm</u><br/><b>Boundaries/<br/>Co-Dependency - H<br/>Mtg# 881 7269 7841</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>Anger Management - H<br/>Mtg# 820 0635 8743</b></p> <p><u>3:10 pm - 4:00 pm</u><br/><b>Art Doodling</b></p> <p><u>4:10 pm-4:50 pm</u><br/><b>Evening Social</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><u>10:00 am - 12:00 pm</u><br/><b>WCS<br/>Education Fair</b></p>  </div> <p><u>12:10 pm -1:00 pm</u><br/><b>Community Meeting -H<br/>Mtg# 895 5733 6953</b></p> <p><u>1:10 pm - 2:00 pm</u><br/><b>Men's Group - H<br/>Mtg# 885 4922 9004</b></p> <p><u>1:10 pm - 2:00 pm</u><br/><b>Woman's Group - H<br/>Mtg# 892 0324 5770</b></p> <p><u>2:10 pm - 3:00 pm</u><br/><b>Card Playing Games</b></p> <p><u>3:10 pm - 4:00 pm</u><br/><b>Sports Talk - H<br/>Mtg# 831 2051 4738</b></p> <p><u>3:10 pm - 4:00 pm</u><br/><b>Karaoke</b></p> <p><u>4:10 pm - 5:20 pm</u><br/><b>Music Jam</b></p> <p><u>5:30 pm - 6:45 pm</u><br/><b>NAMI Connections</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p><u>10:10 am - 12:00 pm</u><br/><b>Cooking</b></p> <p><u>10:10 am-11:00 am</u><br/><b>Art Journaling</b></p> <div style="border: 2px solid black; 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Explore</b></p> </div> <p><u>10:10 am-11:00 am</u><br/><b>Emotional Resilience</b></p> <p><u>11:10 am-12:00 pm</u><br/><b>Fun &amp; Games - H<br/>Mtg# 845 6764 2508</b></p> <p><u>11:10 am-12:00 pm</u><br/><b>Love Yourself</b></p> <p><u>12:10 pm-1:00 pm</u><br/><b>Yoga</b></p> <p><u>12:10 pm-1:00 pm</u><br/><b>Around the World</b></p> <p><u>12:30 pm-2:00 pm</u><br/><b>MAB Meeting</b></p> <p><u>1:00 pm-2:00 pm</u><br/><b>Learn Guitar</b></p> <p><u>1:10 pm - 2:00 pm</u><br/><b>PTSD Support</b></p> <p><u>1:10 pm-2:00 pm</u><br/><b>Water Colors</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>Sports Talk</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>Dual Diagnosis - H<br/>Mtg# 856 3015 2718</b></p> <p><u>3:10 pm-4:30 pm</u><br/><b>Music Jam</b></p> <p><u>3:10 pm-4:00 pm</u><br/><b>Self Empowerment</b></p> <p><u>4:10 pm-4:50 pm</u><br/><b>Evening Social</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u><br/><b>Depression Bipolar<br/>Support Alliance - H<br/>Mtg# 871 1923 5151</b></p> <p><u>10:10 am-11:00 am</u><br/><b>Wellness Recovery<br/>Action Plan (WRAP+)</b></p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><u>10:30 am - 1:30 pm</u><br/><b>Talent Show @<br/>Wellness Center Central</b></p> </div> <p><u>11:10 am -12:00 pm</u><br/><b>Schizophrenia<br/>Alliance - H<br/>Mtg# 817 0754 0588</b></p> <p><u>11:10 am-12:00 pm</u><br/><b>Creative Hour</b></p> <p><u>12:10 pm - 2:00 pm</u><br/><b>Role Playing Games</b></p> <p><u>12:10 pm - 1:00 pm</u><br/><b>Crocheting</b></p> <p><u>1:10 pm - 2:00 pm</u><br/><b>Learn About Hobbies</b></p> <p><u>1:10 pm -2:00 pm</u><br/><b>Life In Process</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>OCD Support - H<br/>Mtg# 847 285 87362</b></p> <p><u>3:10 pm-4:30 pm</u><br/><b>Karaoke</b></p> <p><u>4:10 pm-4:50 pm</u><br/><b>Evening Social</b></p> |



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| 14 Monday  | 15 Tuesday  | 16 Wednesday  | 17 Thursday  | 18 Friday   | 19 Saturday  |
|--|---|---|--|---|--|
| <p>9:10 am -10:10 am<br/><b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u><br/><b>Emotions Anonymous-H</b><br/><b>Mtg# 827 3012 1326</b></p> <p><u>10:10 am -11:00 am</u><br/><b>Schizophrenia Alliance - H</b><br/><b>Mtg# 817 0754 0588</b></p> <p><u>11:10 am-12:00 pm</u><br/><b>Basic Spanish</b></p> <p><u>11:10 am-12:00 pm</u><br/><b>Learning to Meditate</b></p> <p><u>11:30 am-12:30 pm</u><br/><b>New Lung</b></p> <p><u>12:10 pm-1:00 pm</u><br/><b>Art Social</b></p> <p><u>12:10 pm-1:00 pm</u><br/><b>Free Form Exercise</b></p> <p><u>1:10 pm-2:00 pm</u><br/>N.A.</p> <p><u>1:10 pm-2:00 pm</u><br/><b>Positive Thinking - H</b><br/><b>Mtg# 816 0034 3240</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>Coping Skills - H</b><br/><b>Mtg# 847 1888 5480</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>BINGO!</b></p> <p><u>3:10 pm-4:00 pm</u><br/><b>Depression Bipolar Support Alliance</b></p> <p><u>4:10 pm-4:50 pm</u><br/><b>Evening Social</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p><u>10:10 am - 11:00 am</u><br/><b>Stress Management</b></p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><u>11:00 am - 3:00 pm</u><br/>Social Outing @<br/>Regal Irvine Spectrum</p>  </div> <p><u>11:10 am-12:00 pm</u><br/>A.A.</p> <p><u>12:10 pm -1:00 pm</u><br/><b>Fun &amp; Games</b></p> <p><u>12:10 pm -1:00 pm</u><br/><b>Art &amp; Social</b></p> <p><u>1:10 pm - 2:00 pm</u><br/><b>Whole Person Care</b></p> <p><u>1:10 pm-2:00 pm</u><br/><b>Laughter Yoga</b></p> <p><u>1:10 pm - 2:00 pm</u><br/><b>Boundaries/<br/>Co-Dependency - H</b><br/><b>Mtg# 881 7269 7841</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>Anger Management - H</b><br/><b>Mtg# 820 0635 8743</b></p> <p><u>3:10 pm - 4:00 pm</u><br/><b>Art Doodling</b></p> <p><u>4:10 pm-4:50 pm</u><br/><b>Evening Social</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p><u>10:10 am -11:00 am</u><br/><b>Yoga</b></p> <p><u>10:10 am -11:00 am</u><br/><b>Anxiety Management</b></p> <p><u>11:10 am -12:00 pm</u><br/><b>Community Meeting -H</b><br/><b>Mtg# 895 5733 6953</b></p> <p><u>12:10 pm -1:00 pm</u><br/><b>Vision Board</b></p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><u>12:30 pm-3:30 pm</u><br/>Multi-Cultural<br/>Celebration @<br/>Wellness Center West</p> </div> <p><u>1:10 pm - 2:00 pm</u><br/><b>Men's Group - H</b><br/><b>Mtg# 885 4922 9004</b></p> <p><u>1:10 pm - 2:00 pm</u><br/><b>Woman's Group - H</b><br/><b>Mtg# 892 0324 5770</b></p> <p><u>2:10 pm - 3:00 pm</u><br/><b>Card Playing Games</b></p> <p><u>3:10 pm - 4:00 pm</u><br/><b>Sports Talk - H</b><br/><b>Mtg# 831 2051 4738</b></p> <p><u>3:10 pm - 4:00 pm</u><br/><b>Karaoke</b></p> <p><u>4:10 pm - 5:20 pm</u><br/><b>Music Jam</b></p> <p><u>5:30 pm - 6:45 pm</u><br/><b>NAMI Connections</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p><u>10:10 am - 12:00 pm</u><br/><b>Cooking</b></p> <p><u>10:10 am-11:00 am</u><br/><b>Art Journaling</b></p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><u>10:10 am -11:30 am</u><br/>Disc Golf<br/>@ Deerfield Park</p> </div> <p><u>11:10 am -12:00 pm</u><br/><b>LGBTQ+ Support</b></p> <p><u>11:10 am-12:00 pm</u><br/><b>Grief Support</b></p> <p><u>12:10 pm -1:00 pm</u><br/><b>Social Hour</b></p> <p><u>1:10 pm-2:00 pm</u><br/><b>Improv Theater</b></p> <p><u>1:00 pm-2:00 pm</u><br/><b>Benefits Workshop With<br/>Dung Le-OC HCA.</b></p> <p><u>1:10 pm-2:00 pm</u><br/><b>Healthy Relationships - H</b><br/><b>Mtg# 824 9407 9234</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>Creative Writing</b></p> <p><u>2:10 pm - 3:00 pm</u><br/><b>Aging Gracefully</b></p> <p><u>3:10 pm-4:00 pm</u><br/><b>Depression Bipolar Support Alliance - H</b><br/><b>Mtg# 871 1923 5151</b></p> <p><u>4:10 pm-4:50 pm</u><br/><b>Evening Social</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u><br/>M.A.</p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><u>10:10 am -12:00 pm</u><br/>Garden &amp; Explore</p> </div> <p><u>10:10 am-11:00 am</u><br/><b>Emotional Resilience</b></p> <p><u>11:10 am-12:00 pm</u><br/><b>Fun &amp; Games - H</b><br/><b>Mtg# 845 6764 2508</b></p> <p><u>11:10 am-12:00 pm</u><br/><b>Love Yourself</b></p> <p><u>12:10 pm-1:00 pm</u><br/><b>Yoga</b></p> <p><u>12:10 pm-1:00 pm</u><br/><b>Around the World</b></p> <p><u>1:00 pm-2:00 pm</u><br/><b>Learn Guitar</b></p> <p><u>1:10 pm - 2:00 pm</u><br/><b>PTSD Support</b></p> <p><u>1:10 pm-2:00 pm</u><br/><b>Water Colors</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>Sports Talk</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>Dual Diagnosis - H</b><br/><b>Mtg# 856 3015 2718</b></p> <p><u>3:10 pm-4:30 pm</u><br/><b>Music Jam</b></p> <p><u>3:10 pm-4:00 pm</u><br/><b>Self Empowerment</b></p> <p><u>4:10 pm-4:50 pm</u><br/><b>Evening Social</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u><br/><b>Depression Bipolar Support Alliance - H</b><br/><b>Mtg# 871 1923 5151</b></p> <p><u>10:10 am-11:00 am</u><br/><b>Wellness Recovery Action Plan (WRAP+)</b></p> <p><u>11:10 am -12:00 pm</u><br/><b>Schizophrenia Alliance - H</b><br/><b>Mtg# 817 0754 0588</b></p> <p><u>11:10 am-12:00 pm</u><br/><b>Creative Hour</b></p> <p><u>12:10 pm - 2:00 pm</u><br/><b>Role Playing Games</b></p> <p><u>12:10 pm - 1:00 pm</u><br/><b>Crocheting</b></p> <p><u>1:10 pm - 2:00 pm</u><br/><b>Learn About Hobbies</b></p> <p><u>1:10 pm -2:00 pm</u><br/><b>Life In Process</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>OCD Support -H</b><br/><b>Mtg# 847 285 87362</b></p> <p><u>3:10 pm-4:30 pm</u><br/><b>Karaoke</b></p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><u>3:10 pm - 4:30 pm</u><br/>Park Adventures</p> </div> <p><u>4:10 pm-4:50 pm</u><br/><b>Evening Social</b></p> |

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



# Wellness Center South

## April 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**

| 21 Monday   | 22 Tuesday   | 23 Wednesday   | 24 Thursday   | 25 Friday  | 26 Saturday   |
|---|--|--|---|--|---|
| <p>9:10 am -10:10 am<br/><b>Morning Icebreaker</b></p> <p>10:10 am-11:00 am<br/><b>Emotions Anonymous</b><br/>Mtg# 827 3012 1326</p> <p>10:10 am -11:00 am<br/><b>Schizophrenia Alliance - H</b><br/>Mtg# 817 0754 0588</p> <p>11:10 am-12:00 pm<br/><b>Basic Spanish</b></p> <p>11:10 am-12:00 pm<br/><b>Learning to Meditate</b></p> <p>12:10 pm-1:00 pm<br/><b>Art Social</b></p> <p>12:10 pm-1:00 pm<br/><b>Free Form Exercise</b></p> <p>1:10 pm-2:00 pm<br/>N.A.</p> <p>1:10 pm-2:00 pm<br/><b>Positive Thinking - H</b><br/>Mtg# 816 0034 3240</p> <p>2:10 pm-3:00 pm<br/><b>Coping Skills - H</b><br/>Mtg# 847 1888 5480</p> <p>2:10 pm-3:00 pm<br/><b>BINGO!</b></p> <p>3:10 pm-4:00 pm<br/><b>Depression Bipolar Support Alliance</b></p> <p>4:10 pm-4:50 pm<br/><b>Evening Social</b></p> <p><b>H=Hybrid Group.</b> The group takes place both in-person and is offered online at the same time.</p> | <p>9:10 am -10:00 am<br/><b>Morning Icebreaker</b></p> <p>10:10 am - 11:00 am<br/><b>Stress Management</b></p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>11:00 am - 2:30 pm</p> <p><b>Balboa Island Museum, Newport Beach</b></p> </div> <p>11:10 am-12:00 pm<br/>A.A.</p> <p>12:10 pm -1:00 pm<br/><b>Fun &amp; Games</b></p> <p>12:10 pm -1:00 pm<br/><b>Art &amp; Social</b></p> <p>1:10 pm -2:00 pm<br/><b>Whole Person Care</b></p> <p>1:10 pm - 2:00 pm<br/><b>Boundaries/ Co-Dependency - H</b><br/>Mtg# 881 7269 7841</p> <p>2:10 pm-3:00 pm<br/><b>Anger Management - H</b><br/>Mtg# 820 0635 8743</p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>2:45 - 4:30</p> <p><b>SCO Monthly Food Distribution</b></p> </div> <p>3:10 pm - 4:00 pm<br/><b>Art Doodling</b></p> <p>4:10 pm-4:50 pm<br/><b>Evening Social</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p>10:10 am -11:00 am<br/><b>Yoga</b></p> <p>10:10 am -11:00 am<br/><b>Anxiety Management</b></p> <p>11:10 am -12:00 pm<br/><b>Community Meeting -H</b><br/>Mtg# 895 5733 6953</p> <p>12:10 pm -1:00 pm<br/><b>Vision Board</b></p> <div style="border: 2px solid black; 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padding: 10px; text-align: center;"> <p>8:00 am—5:00 pm</p> <p><b>Meeting of the Minds, Anaheim Marriot</b></p> </div> <p>10:10 am-11:00 am<br/><b>Fundamentals of Farsi</b></p> <p>10:10 am-11:00 am<br/><b>Emotional Resilience</b></p> <p>11:10 am-12:00 pm<br/><b>Fun &amp; Games - H</b><br/>Mtg# 845 6764 2508</p> <p>11:10 am-12:00 pm<br/><b>Love Yourself</b></p> <p>12:10 pm-1:00 pm<br/><b>Yoga</b></p> <p>12:10 pm-1:00 pm<br/><b>Around the World</b></p> <p>1:00 pm-2:00 pm<br/><b>Learn Guitar</b></p> <p>1:10 pm - 2:00 pm<br/><b>PTSD Support</b></p> <p>1:10 pm-2:00 pm<br/><b>Water Colors</b></p> <p>2:10 pm-3:00 pm<br/><b>Dual Diagnosis - H</b><br/>Mtg# 856 3015 2718</p> <p>3:10 pm-4:30 pm<br/><b>Music Jam</b></p> <p>3:10 pm-4:00 pm<br/><b>Self Empowerment</b></p> <p>4:10 pm-4:50 pm<br/><b>Evening Social</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p>10:10 am-11:00 am<br/><b>Depression Bipolar Support Alliance - H</b><br/>Mtg# 871 1923 5151</p> <p>10:10 am-11:00 am<br/><b>Wellness Recovery Action Plan (WRAP+)</b></p> <p>11:10 am -12:00 pm<br/><b>Schizophrenia Alliance - H</b><br/>Mtg# 817 0754 0588</p> <p>11:10 am-12:00 pm<br/><b>Creative Hour</b></p> <p>12:10 pm - 2:00 pm<br/><b>Role Playing Games</b></p> <p>12:10 pm - 1:00 pm<br/><b>Crocheting</b></p> <p>1:10 pm - 2:00 pm<br/><b>Learn About Hobbies</b></p> <p>1:10 pm -2:00 pm<br/><b>Life In Process</b></p> <p>2:10 pm-3:00 pm<br/><b>OCD Support - H</b><br/>Mtg# 847 285 87362</p> <p>3:10 pm-4:30 pm<br/><b>Karaoke</b></p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>3:10 pm - 4:30 pm</p> <p><b>Park Adventures</b></p> </div> <p>4:10 pm-4:50 pm<br/><b>Evening Social</b></p> <p><i>Copyright Clarvida of California, 2024, All Rights Reserved.</i></p> |



# Wellness Center South





## April 2025

*\*Calendar is subject to change*

**Phone: (949) 528-6822**  
[www.wellnesscentersouth.org](http://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**

| 28 Monday   | 29 Tuesday  | 30 Wednesday   |  |   |  |
|---|---|--|--|---|--|
| <p>9:10 am -10:10 am<br/><b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u><br/><b>Emotions Anonymous-H</b><br/><b>Mtg# 827 3012 1326</b></p> <p><u>10:10 am -11:00 am</u><br/><b>Schizophrenia Alliance - H-</b><br/><b>Mtg# 817 0754 0588</b></p> <p><u>11:10 am-12:00 pm</u><br/><b>Basic Spanish</b></p> <p><u>11:10 am-12:00 pm</u><br/><b>Learning to Meditate</b></p> <p><u>12:10 pm-1:00 pm</u><br/><b>Art Social</b></p> <p><u>12:10 pm-1:00 pm</u><br/><b>Free Form Exercise</b></p> <p><u>1:10 pm-2:00 pm</u><br/><b>N.A.</b></p> <p><u>1:10 pm-2:00 pm</u><br/><b>Positive Thinking - H</b><br/><b>Mtg# 816 0034 3240</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>Coping Skills - H</b><br/><b>Mtg# 847 1888 5480</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>BINGO!</b></p> <p><u>3:10 pm-4:00 pm</u><br/><b>Depression Bipolar Support Alliance</b></p> <p><u>4:10 pm-4:50 pm</u><br/><b>Evening Social</b></p> <p><b>H=Hybrid Group.</b> The group takes place both in-person and is offered online at the same time.</p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p><u>10:10 am - 11:00 am</u><br/><b>Stress Management</b></p> <div data-bbox="346 446 682 812" style="border: 1px solid black; padding: 5px; text-align: center;"> <p><u>11:00 am - 3:00 pm</u><br/>Social Outing@<br/>Regal Irvine Spectrum</p>  </div> <p><u>11:10 am-12:00 pm</u><br/><b>A.A.</b></p> <p><u>12:10 pm -1:00 pm</u><br/><b>Fun &amp; Games</b></p> <p><u>12:10 pm -1:00 pm</u><br/><b>Art &amp; Social</b></p> <p><u>1:10 pm - 2:00 pm</u><br/><b>Whole Person Care</b></p> <p><u>1:10 pm - 2:00 pm</u><br/><b>Boundaries/ Co-Dependency - H</b><br/><b>Mtg# 881 7269 7841</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>Anger Management - H</b><br/><b>Mtg# 820 0635 8743</b></p> <p><u>3:10 pm - 4:00 pm</u><br/><b>Art Doodling</b></p> <p><u>4:10 pm-4:50 pm</u><br/><b>Evening Social</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p><u>10:10 am -11:00 am</u><br/><b>Yoga</b></p> <p><u>10:10 am -11:00 am</u><br/><b>Anxiety Management</b></p> <p><u>11:10 am -12:00 pm</u><br/><b>Community Meeting -H</b><br/><b>Mtg# 895 5733 6953</b></p> <p><u>12:10 pm -1:00 pm</u><br/><b>Vision Board</b></p> <div data-bbox="682 673 1039 852" style="border: 1px solid black; padding: 5px; text-align: center;"> <p><u>1:00 pm-3:00 pm</u><br/><b>Bowling</b><br/>@Saddleback Lanes<br/>Sign-up/Call @ Front Desk</p> </div> <p><u>1:10 pm - 2:00 pm</u><br/><b>Men's Group - H</b><br/><b>Mtg# 885 4922 9004</b></p> <p><u>1:10 pm - 2:00 pm</u><br/><b>Woman's Group - H</b><br/><b>Mtg# 892 0324 5770</b></p> <p><u>2:10 pm - 3:00 pm</u><br/><b>Card Playing Games</b></p> <p><u>3:10 pm - 4:00 pm</u><br/><b>Sports Talk - H</b><br/><b>Mtg# 831 2051 4738</b></p> <p><u>3:10 pm - 4:00 pm</u><br/><b>Karaoke</b></p> <p><u>4:10 pm - 5:20 pm</u><br/><b>Music Jam</b></p> <p><u>5:30 pm - 6:45 pm</u><br/><b>NAMI Connections</b></p> <p><i>Copyright Clarvida of California, 2024, All Rights Reserved.</i></p> | <p><b>Join Groups Via</b></p> <p><b>Phone:</b></p> <p>Please Call:<br/>213-338-8477<br/>Enter the meeting number (mtg#) listed under the group when prompted.<br/>.....<br/>You can also download the ZOOM App from the App Store or Google play.</p> <p><b>Join Groups via</b></p> <p><b>Computer:</b></p> <p>Please go to:<br/><a href="http://www.zoom.com">www.zoom.com</a><br/>&amp; click<br/>Join a Meeting<br/>You will enter the meeting number (mtg#)<br/><b>Listed under the groups.</b></p> <p>-----<br/>We value your feedback!</p> <p><b>Drop off a note in person</b><br/>or on our website.</p> <p><a href="http://wellnesscentersouth.org">wellnesscentersouth.org</a></p> <p>under comments &amp; suggestions</p> <p>Please share with us your good news, gratitude &amp; accomplishments <b>Drop off a note in person or on our website</b> under the good news, gratitude &amp; accomplishments button</p> |  <p><b>Links<sup>24/7</sup></b><br/> <b>855-OC LINKS</b><br/>   (855-625-4657)<br/>   Behavioral Health Services Line</p>          |  |
|   |   |  |  | <div data-bbox="1438 771 2047 966" style="border: 2px solid white; padding: 10px; margin: 0 auto; width: 80%;"> <p><b>988</b> SUICIDE &amp; CRISIS<br/><b>LIFELINE</b></p> </div> <p><b>24/7 CALL, TEXT, CHAT</b></p> |  <p>Find help in Orange County by connecting with resources for health, wellness, and more.</p>  |