

Wellness Center South March 2024

*Calendar is subject to change

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

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

1 Friday

9:10 am - 10:00 am

10:10 am-11:00 am

11:10 am-12:00 pm

11:10 am-12:00 pm

Wellness Recovery

12:10 pm-1:00 pm

12:10 pm-1:00 pm

Around the World

1:00 pm-2:00 pm

1:10 pm-2:00 pm

2:10 pm-3:00 pm

3:10 pm-4:00 pm

4:10 pm-4:50 pm

Evening Social

Music Jam

Dual Diagnosis - H

Mtg# 856 3015 2718

Learn Guitar

Water Colors

Yoga

Action Plan (WRAP +)

Mtg# 845 6764 2508

Fun & Games - H

Fundamentals of Farsi

10:10 am -12:00 pm

Garden & Explore @

The Irvine Great Park

Morning Icebreaker

Hours of Operation

Monday, Tuesday, Thursday, Friday, Saturday

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

Wellness Center South

Invites you to

Celebrate Nowruz



Nowruz (No-Ruz) meaning "new day" in Farsi. Is an ancient festival celebrating the first day of spring in the Northern Hemisphere.

Wednesday, March 20, 2024 12:00 P.M. - 2:00 P.M.

Join us for music, authentic cultural food, henna, photo booth, patio games, arts & crafts.

Please RSVP by March 15, 2024

For more info call: 949-528-6822



072 Lake Center Dr. Ste # 115 Lake Forest, CA 92630

New Groups & New Times For Groups

Tuesday

Laughter Yoga 1st & 3rd Tuesday 1:10 pm-2:00 pm

Wednesday

Community Meeting 3/27 12:10 pm—1:00 pm

Thursday

Chess Club 14, 21, & 28th 1:10 pm-2:00 pm

LGBTO+ 14th & 28th 10:10 am—11:00 am

Friday

Fundamentals of Farsi 10:10 am—11:00 am

Learn Guitar 1:10 pm - 2:00 pm

To Ioin Groups via Phone:

Please Call:

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.

To Join Groups via

Please go to: & click

You will enter the meeting number (mtg#) Listed under the groups.

our website.

wellnesscentersouth.org

2 Saturday

9:10 am - 10:00 am **Morning Icebreaker**

10:10 am-11:00 am **Depression Bipolar** Support Alliance - H Mtg# 871 1923 5151

11:10 am -12:00 pm Schizophrenia Alliance - H Mtg# 817 0754 0588

11:10 am -12:00 pm **Art Iournaling**

12:10 pm - 1:30 pm Cooking

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

1:10 pm - 2:00 pm **Creative Hour**

2:10 pm-3:00 pm **OCD Support**

> 3:10 pm - 4:30 pm **Park Adventures**

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

> 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.

213-338-8477

Computer:

www.zoom.com Join a Meeting

We value your feedback!

Drop off a note in person or on

under comments & suggestions

Please share with us your good news, gratitude & accomplishments

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March 2024

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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

Tonen Wellness and Reco	*Calendar is subject to change		Lake Forest, CA 92630 wednes		saay 9:00 am-7:00 pm
4 Monday	5 Tuesday	6 Wednesday	7 Thursday	8 Friday	9 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	10:10 am -11:30 am	Schizophrenia Alliance - H Mtg# 817 0754 0588	Healthy Relationships - H Mtg# 824 9407 9234	Fundamentals of Farsi	Depression Bipolar
Mtg# 827 3012 1326	Disc Golf @ Deerfield Park		Mtg# 824 9407 9234		Support Alliance - H Mtg# 871 1923 5151
11:10 am-12:00 pm	e beermena rum	11:10 am-12:00 pm Community Meeting - H		<u>10:10 am -12:00 pm</u>	Mtg# 8/1 1923 5151
Coping Skills - H	10.10 11.00	Mtg# 895 5733 6953	<u> 10:30am - 2:30pm</u>	Garden & Explore @ The Irvine Great Park	11:10 am -12:00 pm
Mtg# 847 1888 5480	10:10 am -11:00 am Anxiety Management	Goodwill OC	Orange County	The fivine dreat rank	Schizophrenia
11:10 am-12:00 pm		12.10 1.00	Museum of Art, Costa Mesa		Alliance - H Mtg# 817 0754 0588
Learning to Meditate	11:10 am -12:00 pm Grief Support	12:10 pm -1:00 pm Vision Board	Costa Mesa	11:10 am-12:00 pm Fun & Games - H	Mtg# 017 0754 0500
12.10 nm 1.00 nm	Grief Support	VISION BOAR A		Mtg# 845 6764 2508	11:10 am -12:00 pm
12:10 pm-1:00 pm Art Social	11:10 am-12:00 pm	1:00 pm-2:00 pm	11:10 am-12:00 pm	11:10 am-12:00 pm	Learn About Hobbies
	A.A.	Bowling	Neighborhood clean up	Wellness Recovery	12:10 pm - 1:30 pm
12:10 pm-1:00 pm Free Form Exercise With	12:10 pm -1:00 pm	@Saddleback Lanes Sign-up/Call @ Front Desk	11:10 am-12:00 pm	Action Plan (WRAP +)	Cooking
Magdalena	Fun & Games	Sign-up/can @ Front Desk	Creative Hour	12:00 pm-1:00 pm	12:10 pm - 2:00 pm
	1:10 pm – 2:00 pm		10.10	Yoga	Role Playing Games
1:10 pm-2:00 pm	Whole Person Care	1:10 pm - 2:00 pm	12:10 pm -1:00 pm Social Hour	12:10 pm-1:00 pm	, ,
N.A.	1.10 2.00	Men's Group - H	- Journal Hour	Around the World	1:10 pm - 2:00 pm Creative Hour
1:10 pm-2:00 pm	1:10 pm-2:00 pm Laughter Yoga	Mtg# 885 4922 9004			
Positive Thinking - H		1:10 pm - 2:00 pm	1 <u>:45 pm - 3:30 pm</u> JOB CLUB	12:30 pm-2:00 pm	2:10 pm-3:00 pm
Mtg# 816 0034 3240	2:10 pm - 3:00 pm Boundaries/	Woman's Group - H	Interactive Viewing	M.A.B Meeting	OCD Support
2:10 pm - 3:00 pm	Co-Dependency - H	Mtg# 892 0324 5770		1.00	
Neighborhood Walk	Mtg# 881 7269 7841	2:10 pm - 3:00 pm	good will	1:00 pm-2:00 pm Learn Guitar	<u>3:10 pm - 4:30 pm</u>
2:10 pm-3:00 pm	2:10 pm – 3:00 pm	Card Playing Games	Secretaring 8	1:10 pm-2:00 pm	Park Adventures
BINGO!	Aging Gracefully	3:10 pm - 4:00 pm	2:10 pm-3:00 pm	<u>1:10 pm-2:00 pm</u> Water Colors	
3:10 pm-4:00 pm		Sports Talk	Creative Writing	2:10 pm-3:00 pm	3:10 pm-4:30 pm
Depression Bipolar	3:10 pm-4:00 pm Anger	3:10 pm - 4:00 pm	3:10 pm-4:00 pm	Dual Diagnosis - H	Karaoke
Support Alliance	Management - H	Karaoke	Depression Bipolar	Mtg# 856 3015 2718	
4:10 pm-4:50 pm	Mtg# 820 0635 8743	4 <u>:10 pm - 5:20 pm</u>	Support Alliance - H	3:10 pm-4:30 pm	4:10 pm-4:50 pm Evening Social
Evening Social	4:10 pm-4:50 pm	Music Jam	Mtg# 871 1923 5151	Music Jam	Liveling Journal
	Evening Social	5:30 pm - 6:20 pm	4:10 pm-4:50 pm	4:10 pm-4:50 pm	
		NAMI Connections	Evening Social	Evening Social	H=Hybrid Group. The group
Comuniant Pathyaus of California 2009 All I	 Rights Resembed				takes place both in-person and is offered online at the same time.
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4:10 pm-4:50 pm

Evening Social

Wellness Center South March 2024

4:10 pm-4:50 pm

Evening Social

5:30 pm - 6:20 pm

NAMI Connections

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Hours of Operation

Monday, Tuesday, Thursday, Friday, Saturday

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takes place both in-person and is

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

Wellness and Re	*Calendar is subject to change			2030 Wednesda,	y 5100 am 7100 pm
11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday	16 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 -11:30 am Disc Golf	10:10 am -11:00 am Schizophrenia Alliance - H Mtg# 817 0754 0588	10:10 am-11:00 am Healthy Relationships - H Mtg# 824 9407 9234	10:10 am-11:00 am Fundamentals of Farsi	10:10 am-11:00 am Depression Bipolar Support Alliance - H
11:10 am-12:00 pm Coping Skills - H Mtg# 847 1888 5480	@ Deerfield Park	11:10 am -12:00 pm Community Meeting -H Mtg# 895 5733 6953	10:10 am-11:00 am LGBTQ+ Support	10:10 am -12:00 pm Garden & Explore @ The Irvine Great Park	Mtg# 871 1923 5151 11:10 am -12:00 pm Schizophrenia Alliance - H
11:10 am-12:00 pm Learning to Meditate	10:10 am -11:00 am Anxiety Management	12:00 pm - 1:00 pm	10:10 am - 2:30 pm	11:10 am-12:00 pm Fun & Games - H	Mtg# 817 0754 0588
11:30 pm-12:30 pm New Lung	11:10 am -12:00 pm Grief Support	Wednesday Walk to Lunch: Taqueria de An- da	Social Outing Starlight Cinema Triangle Square,	Mtg# 845 6764 2508	11:10 am -12:00 pm Art Journaling
<u>12:10 pm-1:00 pm</u> Art Social	11:10 am-12:00 pm A.A.		Costa Mesa	11:10 am-12:00 pm Wellness Recovery Action Plan (WRAP +)	12:10 pm-1:30 pm Cooking
12:10 pm-1:00 pm Free Form Exercise With	12:10 pm -1:00 pm Fun & Games	1:10 pm -2:00 pm Vision Board	11:10 am-12:00 pm	12:00 pm-1:00 pm Yoga	12:10 pm - 2:00 pm Role Playing Games
Magdalena 1:10 pm-2:00 pm	12:10 pm -1:00 pm Art Social	1:10 pm - 2:00 pm Men's Group - H Mtg# 885 4922 9004	Neighborhood Clean Up 11:10 am-12:00 pm	12:10 pm-1:00 pm Around the World	1:10 pm - 2:00 pm Creative Hour
N.A. 1:10 pm-2:00 pm	1:10 pm – 2:00 pm Whole Person Care	1:10 pm - 2:00 pm Woman's Group - H	Creative Hour	1:00 pm-2:00 pm Learn Guitar	2:10 pm-3:00 pm OCD Support
Positive Thinking - H Mtg# 816 0034 3240	2:10 pm - 3:00 pm Boundaries/	Mtg# 892 0324 5770 2:10 pm - 3:00 pm	12:10 pm –1:00 pm Social Hour	1:10 pm-2:00 pm	3:10 pm - 4:30 pm
2:10 pm – 3:00 pm Neighborhood Walk	Co-Dependency - H Mtg# 881 7269 7841	Card Playing Games	1:10 pm-2:00 pm Chess Club	Water Colors 2:10 pm-3:00 pm	Park Adventures
2:10 pm-3:00 pm BINGO!	2:10 pm – 3:00 pm Aging Gracefully	3:10 pm - 4:00 pm Sports Talk	2:10 pm-3:00 pm Creative Writing	Dual Diagnosis - H Mtg# 856 3015 2718	3:10 pm-4:30 pm Karaoke
3:10 pm-4:00 pm Depression Bipolar Support Alliance	3:10 pm-4:00 pm Anger Management - H	3:10 pm - 4:00 pm Karaoke 4:10 pm - 5:20 pm	3:10 pm-4:00 pm Depression Bipolar Support Alliance - H Mtg# 871 1923 5151	3:10 pm-4:30 pm Music Jam 4:10 pm-4:50 pm	4:10 pm-4:50 pm Evening Social
4:10 pm-4:50 pm	Mtg# 820 0635 8743	Music Jam		Evening Social	

4:10 pm-4:50 pm

Evening Social



Wellness Center South **March 2024**

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

Hours of Operation

Monday, Tuesday, Thursday, Friday,

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Wellness and	*Calendar is subject	*Calendar is subject to change				
18 Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday	23 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 -11:30 am Disc Golf @ Deerfield Park	10:10 am -11:00 am Schizophrenia Alliance - H Mtg# 817 0754 0588	10:10 am-11:00 am Healthy Relationships Mtg# 824 9407 9234	10:10 am-11:00 am Fundamentals of Farsi	10:10 am-11:00 am Depression Bipolar Support Alliance - H Mtg# 871 1923 5151	
11:10 am-12:00 pm Coping Skills - H	10:10 am -11:00 am	11:10 am -12:00 pm Community Meeting -H Mtg# 895 5733 6953	11:10 am-12:00 pm Neighborhood clean up	10:10 am -12:00 pm Garden & Explore @	11:10 am -12:00 pm Schizophrenia	
Mtg# 847 1888 5480 11:10 am-12:00 pm	Anxiety Management		11:10 am-12:00 pm Creative Hour	The Irvine Great Park	Alliance - H Mtg# 817 0754 0588	
Learning to Meditate 12:10 pm-1:00 pm	11:10 am -12:00 pm Grief Support	12:00 pm – 2:00 pm WCS Nowruz Celebration	12:00 pm - 3:30 pm	11:10 am-12:00 pm Fun & Games - H	11:10 am -12:00 pm Learn About Hobbies	
Art Social	11:10 am-12:00 pm A.A.	NOW AND CONCESSATION	Health & Resource Fair	Mtg# 845 6764 2508 11:10 am-12:00 pm	12:10 pm-1:30 pm	
12:10 pm-1:00 pm Free Form Exercise With Magdalena	12:10 pm -1:00 pm Fun & Games		Wellness Center Central	Wellness Recovery Action Plan (WRAP +)	Cooking 12:10 pm - 2:00 pm	
1:10 pm-2:00 pm	1:10 pm - 2:00 pm Whole Person Care		Central	12:00 pm-1:00 pm Yoga	Role Playing Games 1:10 pm - 2:00 pm	
N.A. 1:10 pm-2:00 pm	1:10 pm-2:00 pm Laughter Yoga		12:10 pm -1:00 pm Social Hour	12:10 pm-1:00 pm Around the World	Creative Hour	
Positive Thinking - H Mtg# 816 0034 3240	2:10 pm - 3:00 pm Boundaries/		1:00 pm-2:00 pm Benefits Workshop With	1:00 pm-2:00 pm	2:10 pm-3:00 pm OCD Support	
2:10 pm – 3:00 pm Neighborhood Walk	Co-Dependency - H Mtg# 881 7269 7841	2:10 pm – 3:00 pm Card Playing Games	Dung Le-OC HCA. 1:10 pm-2:00 pm	Learn Guitar 1:10 pm-2:00 pm	3:10pm - 4:30 pm Park Adventures	
2:10 pm-3:00 pm BINGO!	2:10 pm – 3:00 pm Aging Gracefully	3:10 pm - 4:00 pm Sports Talk	Chess Club 2:10 pm-3:00 pm	Water Colors 2:10 pm-3:00 pm	Park Adventures	
3:10 pm-4:00 pm Depression Bipolar	3:10 pm-4:00 pm Anger	<u>3:10 pm - 4:00 pm</u> Karaoke	Creative Writing 3:10 pm-4:00 pm	Dual Diagnosis - H Mtg# 856 3015 2718	3:10 pm-4:30 pm Karaoke	
Support Alliance	Management - H Mtg# 820 0635 8743	4 <u>:10 pm - 5:20 pm</u> Music Jam	Depression Bipolar Support Alliance - H	3:10 pm-4:30 pm Music Jam	4:10 pm-4:50 pm	
4:10 pm-4:50 pm Evening Social	4:10 pm-4:50 pm Evening Social	5:30 pm - 6:20 pm NAMI Connections	Mtg# 871 1923 5151 4:10 pm-4:50 pm Evening Social	4:10 pm-4:50 pm Evening Social	Evening Social	

Evening Social



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

Wellness Center South March 2024

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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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Wellness and Re	*Calendar is subject to change				
25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday	30 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
Emotions Anonymous	<u>10:10 am -11:30 am</u>	10:00 am - 11:30 am	Healthy Relationships	Fundamentals of Farsi	Depression Bipolar
Mtg# 827 3012 1326	Disc Golf @ Deerfield Park	MHA Stakeholder 's	Mtg# 824 9407 9234		Support Alliance - H
11:10 am-12:00 pm	@ Deer Held Falk	Engagement Meeting	10:10 am-11:00 am	10.10 12.00	Mtg# 871 1923 5151
Coping Skills - H	10.10		LGBTQ+ Support	<u>10:10 am -12:00 pm</u> Garden & Explore @	11:10 am -12:00 pm
Mtg# 847 1888 5480	10:10 am -11:00 am Anxiety Management			The Irvine Great Park	Schizophrenia
	Anxiety Management	11:30 am -12:00 pm		The fivine diederan	Alliance - H
11:10 am-12:00 pm	11:10 am -12:00 pm	Vision Board	<u>10:10 am - 2:30 pm</u>		Mtg# 817 0754 0588
Learning to Meditate	Grief Support		_	11:10 am-12:00 pm Fun & Games - H	44.40
12:10 pm-1:00 pm	11:10 am-12:00 pm	12:10 pm -1:00 pm	Social Outing	run & Games - н Mtg# 845 6764 2508	11:10 am -12:00 pm
Art Social	A.A.	Community Meeting -H	Starlight Cinema	Mtg# 843 0704 2308	Art Journaling
12:10pm-1:00 pm	12:10 pm -1:00 pm	Mtg# 895 5733 6953 Disabled Resources Center	Triangle Square, Costa Mesa	11:10 am-12:00 pm	12:10 pm-1:30 pm
Free Form Exercise With	Fun & Games	Disabled Resources Center	Costa Mesa	Wellness Recovery	Cooking
Magdalena		1:10 pm - 2:00 pm		Action Plan (WRAP +)	
	1:10 pm – 2:00 pm	Men's Group - H	11:10 am-12:00 pm		12:10 pm - 2:00 pm
1:10 pm-2:00 pm	Whole Person Care	Mtg# 885 4922 9004	Neighborhood clean up	12:00 pm-1:00 pm	Role Playing Games
N.A.	<u>2:10 pm – 3:00 pm</u>	1:10 pm - 2:00 pm		Yoga	1:10 pm - 2:00 pm
1:10 pm-2:00 pm	Boundaries/	Woman's Group - H	11:10 am-12:00 pm	12:10 pm-1:00 pm	Creative Hour
Positive Thinking - H	Co-Dependency - H	Mtg# 892 0324 5770	Creative Hour	Around the World	
Mtg# 816 0034 3240	Mtg# 881 7269 7841		<u>12:10 pm –1:00 pm</u>	1 00 000	2:10 pm-3:00 pm
2:10 pm – 3:00 pm	2:10 pm – 3:00 pm	2:10 pm – 3:00 pm	Social Hour	1:00 pm-2:00 pm Learn Guitar	OCD Support
Neighborhood Walk	Aging Gracefully	Card Playing Games	1:10 pm-2:00 pm	Lear ii Guitai	
· ·	3:10 pm-4:00 pm	3:10 pm - 4:00 pm	Chess Club	1:10 pm-2:00 pm	3:10 pm - 4:30 pm
2:10 pm-3:00 pm BINGO!	Anger	Sports Talk		Water Colors	Park Adventures
BINGO:	Management - H	•	2:10 pm-3:00 pm	2:10 pm-3:00 pm	Tark Adventures
3:10 pm-4:00 pm	Mtg# 820 0635 8743	3:10 pm - 4:00 pm	Creative Writing	Dual Diagnosis - H	
Depression Bipolar		Karaoke	3:10 pm-4:00 pm	Mtg# 856 3015 2718	
Support Alliance	3:10 pm-4:30 pm	<u>4:10 pm - 5:20 pm</u>	Depression Bipolar		3:10 pm-4:30 pm
4:10 pm-4:50 pm	SCO Monthly Food Distribution	Music Jam	Support Alliance - H	3:10 pm-4:30 pm Music Jam	Karaoke
Evening Social		·	Mtg# 871 1923 5151	Music Jaiii	4:10 pm-4:50 pm
G /		5:30 pm - 6:20 pm	4:10 pm-4:50 pm	4:10 pm-4:50 pm	Evening Social
	4:10 pm-4:50 pm	NAMI Connections	Evening Social	Evening Social	
H=Hybrid Group. The group	Evening Social				