



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

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



Happy Nowruz
نوروز مبارک

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



*Funded by the OC Health Care Agency through
the Mental Health Services Act.

23072 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

LGBTQ+
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 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.

To 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

1 Friday

9:10 am - 10:00 am
Morning Icebreaker

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

10:10 am -12:00 pm
**Garden & Explore @
The Irvine Great Park**

11:10 am-12:00 pm
Fun & Games - H
Mtg# 845 6764 2508

11:10 am-12:00 pm
**Wellness Recovery
Action Plan (WRAP +)**

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
Water Colors

2:10 pm-3:00 pm
Dual Diagnosis - H
Mtg# 856 3015 2718

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

3:10 pm-4:00 pm
Music Jam

4:10 pm-4:50 pm
Evening Social

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 Journaling

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



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11 Monday	12 Tuesday	13 Wednesday	14 Thursday	15 Friday	16 Saturday
<u>9:10 am - 10:10 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker	<u>9:10 am-10:00 am</u> Morning Icebreaker	<u>9:10 am - 10:00 am</u> Morning Icebreaker
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<u>11:10 am-12:00 pm</u> Coping Skills - H Mtg# 847 1888 5480		<u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 895 5733 6953	<u>10:10 am-11:00 am</u> LGBTQ+ Support	<div><u>10:10 am -12:00 pm</u> Garden & Explore @ The Irvine Great Park</div>	<u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 817 0754 0588
<u>11:10 am-12:00 pm</u> Learning to Meditate	<u>10:10 am -11:00 am</u> Anxiety Management	<div><u>12:00 pm - 1:00 pm</u> Wednesday Walk to Lunch: Taqueria de An- da</div>	<div><u>10:10 am - 2:30 pm</u> Social Outing Starlight Cinema Triangle Square, Costa Mesa</div>	<u>11:10 am-12:00 pm</u> Fun & Games - H Mtg# 845 6764 2508	<u>11:10 am -12:00 pm</u> Art Journaling
<u>11:30 pm-12:30 pm</u> New Lung	<u>11:10 am -12:00 pm</u> Grief Support			<u>11:10 am-12:00 pm</u> Wellness Recovery Action Plan (WRAP +)	<u>12:10 pm-1:30 pm</u> Cooking
<u>12:10 pm-1:00 pm</u> Art Social	<u>11:10 am-12:00 pm</u> A.A.	<u>1:10 pm -2:00 pm</u> Vision Board		<u>12:00 pm-1:00 pm</u> Yoga	<u>12:10 pm - 2:00 pm</u> Role Playing Games
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<p><u>9:10 am - 10:10 am</u> Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Emotions Anonymous Mtg# 827 3012 1326</p> <p><u>11:10 am-12:00 pm</u> Coping Skills - H Mtg# 847 1888 5480</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 With Magdalena</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> Neighborhood Walk</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><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <div> <p><u>10:10 am -11:30 am</u> Disc Golf @ Deerfield Park</p> </div> <p><u>10:10 am -11:00 am</u> Anxiety Management</p> <p><u>11:10 am -12:00 pm</u> Grief Support</p> <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>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>2:10 pm - 3:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 881 7269 7841</p> <p><u>2:10 pm - 3:00 pm</u> Aging Gracefully</p> <p><u>3:10 pm-4:00 pm</u> Anger Management - H Mtg# 820 0635 8743</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<p><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <p><u>10:10 am -11:00 am</u> Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p><u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 895 5733 6953</p> <div> <p><u>12:00 pm – 2:00 pm</u> WCS Nowruz Celebration</p>  </div> <p><u>2:10 pm - 3:00 pm</u> Card Playing Games</p> <p><u>3:10 pm - 4:00 pm</u> Sports Talk</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 - 6:20 pm</u> NAMI Connections</p>	<p><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Healthy Relationships Mtg# 824 9407 9234</p> <p><u>11:10 am-12:00 pm</u> Neighborhood clean up</p> <p><u>11:10 am-12:00 pm</u> Creative Hour</p> <div> <p><u>12:00 pm - 3:30 pm</u> Health & Resource Fair Wellness Center Central</p> </div> <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> Chess Club</p> <p><u>2:10 pm-3:00 pm</u> Creative Writing</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><u>9:10 am-10:00 am</u> Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Fundamentals of Farsi</p> <div> <p><u>10:10 am -12:00 pm</u> Garden & Explore @ The Irvine Great Park</p> </div> <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> Wellness Recovery Action Plan (WRAP +)</p> <p><u>12:00 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> Water Colors</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>4:10 pm-4:50 pm</u> Evening Social</p>	<p><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151</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> Learn About Hobbies</p> <p><u>12:10 pm-1:30 pm</u> Cooking</p> <p><u>12:10 pm - 2:00 pm</u> Role Playing Games</p> <p><u>1:10 pm - 2:00 pm</u> Creative Hour</p> <p><u>2:10 pm-3:00 pm</u> OCD Support</p> <div> <p><u>3:10pm - 4:30 pm</u> Park Adventures</p> </div> <p><u>3:10 pm-4:30 pm</u> Karaoke</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>

25 Monday	26 Tuesday	27 Wednesday	28 Thursday	29 Friday	30 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>11:10 am-12:00 pm</u> Coping Skills - H Mtg# 847 1888 5480</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>12:10pm-1:00 pm</u> Free Form Exercise With Magdalena</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> Neighborhood Walk</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>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> <div> <p><u>10:10 am -11:30 am</u> Disc Golf @ Deerfield Park</p> </div> <p><u>10:10 am -11:00 am</u> Anxiety Management</p> <p><u>11:10 am -12:00 pm</u> Grief Support</p> <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>1:10 pm – 2:00 pm</u> Whole Person Care</p> <p><u>2:10 pm – 3:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 881 7269 7841</p> <p><u>2:10 pm – 3:00 pm</u> Aging Gracefully</p> <p><u>3:10 pm-4:00 pm</u> Anger Management - H Mtg# 820 0635 8743</p> <div> <p><u>3:10 pm-4:30 pm</u> SCO Monthly Food Distribution</p> </div> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <div> <p><u>10:00 am - 11:30 am</u> MHA Stakeholder 's Engagement Meeting</p> </div> <p><u>11:30 am –12:00 pm</u> Vision Board</p> <p><u>12:10 pm –1:00 pm</u> Community Meeting –H Mtg# 895 5733 6953 Disabled Resources Center</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> Card Playing Games</p> <p><u>3:10 pm - 4:00 pm</u> Sports Talk</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 - 6:20 pm</u> NAMI Connections</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Healthy Relationships Mtg# 824 9407 9234</p> <p><u>10:10 am-11:00 am</u> LGBTQ+ Support</p> <div> <p><u>10:10 am - 2:30 pm</u> Social Outing Starlight Cinema Triangle Square, Costa Mesa</p> </div> <p><u>11:10 am-12:00 pm</u> Neighborhood clean up</p> <p><u>11:10 am-12:00 pm</u> Creative Hour</p> <p><u>12:10 pm –1:00 pm</u> Social Hour</p> <p><u>1:10 pm-2:00 pm</u> Chess Club</p> <p><u>2:10 pm-3:00 pm</u> Creative Writing</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> <p><u>10:10 am -12:00 pm</u> Garden & Explore @ The Irvine Great Park</p> </div> <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> Wellness Recovery Action Plan (WRAP +)</p> <p><u>12:00 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> Water Colors</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>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>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p><u>11:10 am -12:00 pm</u> Art Journaling</p> <p><u>12:10 pm-1:30 pm</u> Cooking</p> <p><u>12:10 pm - 2:00 pm</u> Role Playing Games</p> <p><u>1:10 pm - 2:00 pm</u> Creative Hour</p> <p><u>2:10 pm-3:00 pm</u> OCD Support</p> <div> <p><u>3:10 pm - 4:30 pm</u> Park Adventures</p> </div> <p><u>3:10 pm-4:30 pm</u> Karaoke</p> <p><u>4:10 pm-4:50 pm</u> Evening Social</p>