



# Wellness Center South

## May 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**

		1 Wednesday	2 Thursday	3 Friday	4 Saturday
<p><b>WCS EDUCATION FAIR</b></p> <p>FRIDAY, MAY 17, 2024 10:00 A.M. - 12:00 P.M.</p> <p>Featuring local Colleges, Libraries, Adult Education, &amp; Certification Programs.</p>	<p><b>MENTAL HEALTH</b> MAY</p>	<p><b>9:10 am - 10:00 am</b> <b>Morning Icebreaker</b></p> <p><b>10:10 am - 11:00 am</b> <b>Schizophrenia Alliance - H</b> Mtg# 817 0754 0588</p> <p><b>11:10 am - 12:00 pm</b> <b>Community Meeting - H</b> Mtg# 895 5733 6953</p> <p><b>Goodwill OC</b></p>	<p><b>9:10 am - 10:00 am</b> <b>Morning Icebreaker</b></p> <p><b>10:10 am - 11:00 am</b> <b>Healthy Relationships - H</b> Mtg# 824 9407 9234</p> <p><b>10:10 am - 12:00 pm</b> <b>Cooking</b></p>	<p><b>9:10 am - 10:00 am</b> <b>Morning Icebreaker</b></p> <p><b>10:10 am - 11:00 am</b> <b>Fundamentals of Farsi</b></p> <p><b>10:10 am - 12:00 pm</b> <b>Garden &amp; Explore @ The Irvine Great Park</b></p> <p><b>10:10 am - 11:00 am</b> <b>Emotional Resilience</b></p> <p><b>11:10 am - 12:00 pm</b> <b>Fun &amp; Games - H</b> Mtg# 845 6764 2508</p> <p><b>11:10 am - 12:00 pm</b> <b>Wellness Recovery Action Plan (WRAP+)</b></p> <p><b>12:10 pm - 1:00 pm</b> <b>Yoga</b></p> <p><b>12:10 pm - 1:00 pm</b> <b>Around the World</b></p> <p><b>1:00 pm - 2:00 pm</b> <b>Learn Guitar</b></p> <p><b>1:10 pm - 2:00 pm</b> <b>PTSD Support</b></p> <p><b>1:10 pm - 2:00 pm</b> <b>Water Colors</b></p> <p><b>2:10 pm - 3:00 pm</b> <b>Dual Diagnosis - H</b> Mtg# 856 3015 2718</p>	<p><b>9:10 am - 10:00 am</b> <b>Morning Icebreaker</b></p> <p><b>10:10 am - 11:00 am</b> <b>Depression Bipolar Support Alliance - H</b> Mtg# 871 1923 5151</p> <p><b>11:10 am - 12:00 pm</b> <b>Schizophrenia Alliance - H</b> Mtg# 817 0754 0588</p> <p><b>11:10 am - 12:00 pm</b> <b>Art Journaling</b></p> <p><b>12:10 pm - 1:00 pm</b> <b>Aging Gracefully</b></p> <p><b>12:10 pm - 2:00 pm</b> <b>Role Playing Games</b></p> <p><b>1:10 pm - 2:00 pm</b> <b>Creative Hour</b></p> <p><b>1:10 pm - 2:00 pm</b> <b>Life In Process</b></p> <p><b>2:10 pm - 3:00 pm</b> <b>OCD Support</b></p>
		<p><b>Tuesday</b> <b>Social Outing</b> 10:30 am—2:30 pm</p> <p><b>Train For Your Best Life</b> 2:10 pm—3:00 pm</p> <p><b>Thursday</b> <b>Disc Golf</b> 10:10 am—11:00 am</p> <p><b>Basic Spanish</b> 2:10 pm—3:00 pm</p> <p><b>Cooking</b> 10:10 am—12:00 pm</p> <p><b>Friday</b> <b>Emotional Resilience</b> 10:10 am—11:00 am</p> <p><b>PTSD Support</b> 1:10 pm—2:00 pm</p> <p><b>Saturday</b> <b>Aging Gracefully</b> 12:10 pm—1:00 pm</p> <p><b>Life In Progress</b> 1:10 pm—2:00 pm</p>	<p><b>12:00 pm - 1:00 pm</b> Wednesday Walk to Lunch: Taqueria de Anda</p> <p><b>1:10 pm - 2:00 pm</b> <b>Men's Group - H</b> Mtg# 885 4922 9004</p> <p><b>1:10 pm - 2:00 pm</b> <b>Woman's Group - H</b> Mtg# 892 0324 5770</p> <p><b>2:10 pm - 3:00 pm</b> <b>Card Playing Games</b></p> <p><b>3:10 pm - 4:00 pm</b> <b>Sports Talk</b></p> <p><b>3:10 pm - 4:00 pm</b> <b>Karaoke</b></p> <p><b>4:10 pm - 5:20 pm</b> <b>Music Jam</b></p> <p><b>5:30 pm - 6:20 pm</b> <b>NAMI Connections</b></p>	<p><b>10:10 am - 11:30 am</b> <b>Disc Golf @ Deerfield Park</b></p> <p><b>11:10 am - 12:00 pm</b> <b>Neighborhood Clean Up</b></p> <p><b>11:10 am - 12:00 pm</b> <b>Grief Support</b></p> <p><b>12:10 am - 12:00 pm</b> <b>Creative Hour</b></p> <p><b>12:10 pm - 1:00 pm</b> <b>Social Hour</b></p> <p><b>1:10 pm - 2:00 pm</b> <b>Chess Club</b></p> <p><b>1:10 pm - 2:00 pm</b> <b>Chair Yoga</b></p> <p><b>2:10 pm - 3:00 pm</b> <b>Creative Writing</b></p> <p><b>2:10 pm - 3:00 pm</b> <b>Basic Spanish</b></p> <p><b>3:10 pm - 4:00 pm</b> <b>Depression Bipolar Support Alliance - H</b> Mtg# 871 1923 5151</p> <p><b>4:10 pm - 4:50 pm</b> <b>Evening Social</b></p>	<p><b>3:10 pm - 4:00 pm</b> Chat with MAB (H) Mtg# 881 5469 0081</p> <p><b>3:10 pm - 4:00 pm</b> <b>Music Jam</b></p> <p><b>4:10 pm - 4:50 pm</b> <b>Evening Social</b></p>

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



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6 Monday	7 Tuesday	8 Wednesday	9 Thursday	10 Friday	11 Saturday
<p>9:10 am - 10:10 am <b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u> <b>Emotions Anonymous</b> Mtg# 827 3012 1326</p> <p><u>11:10 am-12:00 pm</u> <b>Coping Skills - H</b> Mtg# 847 1888 5480</p> <p><u>11:10 am-12:00 pm</u> <b>Learning to Meditate</b></p> <p><u>12:10 pm-1:00 pm</u> <b>Art Social</b></p> <p><u>12:10 pm-1:00 pm</u> <b>Free Form Exercise With Magdalena</b></p> <p><u>1:10 pm-2:00 pm</u> N.A.</p> <p><u>1:10 pm-2:00 pm</u> <b>Positive Thinking - H</b> Mtg# 816 0034 3240</p> <p><u>2:10 pm - 3:00 pm</u> <b>Outdoor Fitness</b></p> <p><u>2:10 pm-3:00 pm</u> <b>BINGO!</b></p> <p><u>3:10 pm-4:00 pm</u> <b>Depression Bipolar Support Alliance</b></p> <p><u>4:10 pm-4:50 pm</u> <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p><u>10:10 am -11:00 am</u> <b>Anxiety Management</b></p> <p><u>10:10 am-11:00 am</u> <b>Anger Management - H</b> Mtg# 820 0635 8743</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><u>10:30 am - 2:30 pm</u> Balboa Island Museum, Newport Beach</p> </div> <p><u>11:10 am-12:00 pm</u> A.A.</p> <p><u>12:10 pm -1:00 pm</u> <b>Fun &amp; Games</b></p> <p><u>1:10 pm - 2:00 pm</u> <b>Whole Person Care</b></p> <p><u>1:10 pm-2:00 pm</u> <b>Laughter Yoga</b></p> <p><u>2:10 pm - 3:00 pm</u> <b>Boundaries/ Co-Dependency - H</b> Mtg# 881 7269 7841</p> <p><u>2:10 pm - 3:00 pm</u> <b>Train For Your Best Life</b></p> <p><u>3:10 pm - 4:00 pm</u> <b>Art Doodling</b></p> <p><u>4:10 pm-4:50 pm</u> <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p><u>10:10 am -11:00 am</u> <b>Schizophrenia Alliance - H</b> Mtg# 817 0754 0588</p> <p><u>11:10 am -12:00 pm</u> <b>Community Meeting -H</b> Mtg# 895 5733 6953 <b>Community Action Partners of Orange County</b></p> <p><u>12:10 pm -1:00 pm</u> <b>Vision Board</b></p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><u>1:00 pm-2:00 pm</u> Bowling @Saddleback Lanes Sign-up/Call @ Front Desk</p> </div> <p><u>1:10 pm - 2:00 pm</u> <b>Men's Group - H</b> Mtg# 885 4922 9004</p> <p><u>1:10 pm - 2:00 pm</u> <b>Woman's Group - H</b> Mtg# 892 0324 5770</p> <p><u>2:10 pm - 3:00 pm</u> <b>Card Playing Games</b></p> <p><u>3:10 pm - 4:00 pm</u> <b>Sports Talk</b></p> <p><u>3:10 pm - 4:00 pm</u> <b>Karaoke</b></p> <p><u>4:10 pm - 5:20 pm</u> <b>Music Jam</b></p> <p><u>5:30 pm - 6:20 pm</u> <b>NAMI Connections</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u> <b>Healthy Relationships - H</b> Mtg# 824 9407 9234</p> <p><u>10:10 am-11:00 am</u> <b>LGBTQ+ Support</b></p> <p><u>10:10 am - 12:00 pm</u> <b>Cooking</b></p> <div style="border: 1px solid black; 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padding: 5px; text-align: center;"> <p><u>12:30 pm-2:00 pm</u> M.A.B Meeting</p> </div> <p><u>1:00 pm-2:00 pm</u> <b>Learn Guitar</b></p> <p><u>1:10 pm - 2:00 pm</u> <b>PTSD Support</b></p> <p><u>1:10 pm-2:00 pm</u> <b>Water Colors</b></p> <p><u>2:10 pm-3:00 pm</u> <b>Dual Diagnosis - H</b> Mtg# 856 3015 2718</p> <p><u>3:10 pm-4:00 pm</u> <b>Music Jam</b></p> <p><u>4:10 pm-4:50 pm</u> <b>Evening Social</b></p>	<p>99:10 am - 10:00 am <b>Morning Icebreaker</b></p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><u>9:30 am - 12:00 pm</u> Karma Yoga Trabuco Monastery</p> </div> <p><u>10:10 am-11:00 am</u> <b>Depression Bipolar Support Alliance - H</b> Mtg# 871 1923 5151</p> <p><u>11:10 am -12:00 pm</u> <b>Schizophrenia Alliance - H</b> Mtg# 817 0754 0588</p> <p><u>11:10 am -12:00 pm</u> <b>Art Journaling</b></p> <p><u>12:10 pm - 1:00 pm</u> <b>Aging Gracefully</b></p> <p><u>12:10 pm - 2:00 pm</u> <b>Role Playing Games</b></p> <p><u>1:10 pm - 2:00 pm</u> <b>Creative Hour</b></p> <p><u>1:10 pm -2:00 pm</u> <b>Life In Process</b></p> <p><u>2:10 pm-3:00 pm</u> <b>OCD Support</b></p> <p><u>3:10 pm-4:30 pm</u> <b>Karaoke</b></p> <p><u>4:10 pm-4:50 pm</u> <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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13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday	18 Saturday
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Games</b></p> <p><u>12:10 pm -1:00 pm</u> <b>Art Social</b></p> <p><u>1:10 pm - 2:00 pm</u> <b>Whole Person Care</b></p> <p><u>2:10 pm - 3:00 pm</u> <b>Boundaries/ Co-Dependency - H</b> Mtg# 881 7269 7841</p> <p><u>2:10 pm - 3:00 pm</u> <b>Train For Your Best Life</b></p> <p><u>3:10 pm - 4:00 pm</u> <b>Art Doodling</b></p> <p><u>4:10 pm-4:50 pm</u> <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p><u>10:10 am -11:00 am</u> <b>Schizophrenia Alliance - H</b> Mtg# 817 0754 0588</p> <p><u>11:10 am -12:00 pm</u> <b>Community Meeting -H</b> Mtg# 895 5733 6953 <b>Partners4wellness</b></p> <div style="border: 2px solid green; border-radius: 15px; padding: 10px; 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> <b>Men's Group - H</b> Mtg# 885 4922 9004</p> <p><u>1:10 pm - 2:00 pm</u> <b>Woman's Group - H</b> Mtg# 892 0324 5770</p> <p><u>2:10 pm - 3:00 pm</u> <b>Card Playing Games</b></p> <p><u>3:10 pm - 4:00 pm</u> <b>Sports Talk</b></p> <p><u>3:10 pm - 4:00 pm</u> <b>Karaoke</b></p> <p><u>4:10 pm - 5:20 pm</u> <b>Music Jam</b></p> <p><u>5:30 pm - 6:20 pm</u> <b>NAMI Connections</b></p> <p><u>6:00 pm - 7:00 pm</u> <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u> <b>Healthy Relationships - H</b> Mtg# 824 9407 9234</p> <p><u>10:10 am - 12:00 pm</u> <b>Cooking</b></p> <div style="border: 2px solid green; 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Certification Programs.</small></p> </div> <p><u>12:10 pm-1:00 pm</u> <b>Yoga</b></p> <p><u>12:10 pm-1:00 pm</u> <b>Around the World</b></p> <p><u>1:00 pm-2:00 pm</u> <b>Learn Guitar</b></p> <p><u>1:10 pm - 4:00 pm</u> <b>PTSD Support</b></p> <p><u>1:10 pm-2:00 pm</u> <b>Water Colors</b></p> <p><u>2:10 pm-3:00 pm</u> <b>Dual Diagnosis - H</b> Mtg# 856 3015 2718</p> <p><u>3:10 pm-4:30 pm</u> <b>Music Jam</b></p> <p><u>4:10 pm-4:50 pm</u> <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u> <b>Depression Bipolar Support Alliance - H</b> Mtg# 871 1923 5151</p> <p><u>11:10 am -12:00 pm</u> <b>Schizophrenia Alliance - H</b> Mtg# 817 0754 0588</p> <p><u>11:10 am -12:00 pm</u> <b>Art Journaling</b></p> <p><u>12:10 pm - 1:00 pm</u> <b>Aging Gracefully</b></p> <p><u>12:10 pm - 2:00 pm</u> <b>Role Playing Games</b></p> <p><u>1:10 pm - 2:00 pm</u> <b>Creative Hour</b></p> <p><u>1:10 pm -2:00 pm</u> <b>Life In Process</b></p> <p><u>2:10 pm-3:00 pm</u> <b>OCD Support</b></p> <div style="border: 2px solid green; border-radius: 15px; padding: 10px; text-align: center;"> <p><u>3:10 pm - 4:30 pm</u> <b>Park Adventures</b></p> </div> <p><u>3:10 pm-4:30 pm</u> <b>Karaoke</b></p> <p><u>4:10 pm-4:50 pm</u> <b>Evening Social</b></p>

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

20 Monday	21 Tuesday	22 Wednesday	23 Thursday	24 Friday	25 Saturday
<p>9:10 am - 10:10 am <b>Morning Icebreaker</b></p> <p>10:10 am-11:00 am <b>Emotions Anonymous</b> Mtg# 827 3012 1326</p> <p>11:10 am-12:00 pm <b>Coping Skills - H</b> Mtg# 847 1888 5480</p> <p>11:10 am-12:00 pm <b>Learning to Meditate</b></p> <p>12:10 pm-1:00 pm <b>Art Social</b></p> <p>12:10 pm-1:00 pm <b>Free Form Exercise With Magdalena</b></p> <p>1:10 pm-2:00 pm N.A.</p> <p>1:10 pm-2:00 pm <b>Positive Thinking - H</b> Mtg# 816 0034 3240</p> <p>2:10 pm - 3:00 pm <b>Outdoor Fitness</b></p> <p>2:10 pm-3:00 pm <b>BINGO!</b></p> <p>3:10 pm-4:00 pm <b>Depression Bipolar Support Alliance</b></p> <p>4:10 pm-4:50 pm <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p>10:10 am -11:00 am <b>Anxiety Management</b></p> <p>10:10 am-11:00 am <b>Anger Management - H</b> Mtg# 820 0635 8743</p> <div style="border: 2px solid green; border-radius: 15px; padding: 10px; text-align: center; background-color: #c8e6c9;"> <p>10:30am - 2:30pm Modjeska House &amp; Gardens, Lake Forest</p> </div> <p>11:10 am-12:00 pm A.A.</p> <p>12:10 pm -1:00 pm <b>Fun &amp; Games</b></p> <p>1:10 pm - 2:00 pm <b>Whole Person Care</b></p> <p>1:10 pm-2:00 pm <b>Laughter Yoga</b></p> <p>2:10 pm - 3:00 pm <b>Boundaries/ Co-Dependency - H</b> Mtg# 881 7269 7841</p> <p>2:10 pm - 3:00 pm <b>Train For Your Best Life</b></p> <p>3:10 pm - 4:00 pm <b>Art Doodling</b></p> <p>4:10 pm-4:50 pm <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p>10:10 am -11:00 am <b>Schizophrenia Alliance - H</b> Mtg# 817 0754 0588</p> <p>11:10 am -12:00 pm <b>Community Meeting -H</b> Mtg# 895 5733 6953</p> <p>12:10 pm -1:00 pm <b>Vision Board</b></p> <div style="border: 2px solid green; border-radius: 15px; padding: 10px; text-align: center; background-color: #c8e6c9;"> <p>1:00 pm-2:00 pm <b>Bowling</b> @Saddleback Lanes Sign-up/Call @ Front Desk</p> </div> <p>1:10 pm - 2:00 pm <b>Men's Group - H</b> Mtg# 885 4922 9004</p> <p>1:10 pm - 2:00 pm <b>Woman's Group - H</b> Mtg# 892 0324 5770</p> <p>2:10 pm - 3:00 pm <b>Card Playing Games</b></p> <p>3:10 pm - 4:00 pm <b>Sports Talk</b></p> <p>3:10 pm - 4:00 pm <b>Karaoke</b></p> <p>4:10 pm - 5:20 pm <b>Music Jam</b></p> <p>5:30 pm - 6:20 pm <b>NAMI Connections</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p>10:10 am-11:00 am <b>Healthy Relationships</b> Mtg# 824 9407 9234</p> <p>10:10 am-11:00 am <b>LGBTQ+ Support</b></p> <p>10:10 am - 12:00 pm <b>Cooking</b></p> <div style="border: 2px solid green; border-radius: 15px; padding: 10px; text-align: center; background-color: #c8e6c9;"> <p>10:10 am -11:30 am <b>Disc Golf</b> @ Deerfield Park</p> </div> <p>11:10 am-12:00 pm <b>Neighborhood clean up</b></p> <p>11:10 am-12:00 pm <b>Grief Support</b></p> <p>12:10 am-12:00 pm <b>Creative Hour</b></p> <p>12:10 pm -1:00 pm <b>Social Hour</b></p> <p>1:10 pm-2:00 pm <b>Chess Club</b></p> <p>1:10 pm-2:00 pm <b>Chair Yoga</b></p> <p>2:10 pm-3:00 pm <b>Creative Writing</b></p> <p>2:10 pm-3:00 pm <b>Basic Spanish</b></p> <p>3:10 pm-4:00 pm <b>Depression Bipolar Support Alliance - H</b> Mtg# 871 1923 5151</p> <p>4:10 pm-4:50 pm <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p>10:10 am-11:00 am <b>Fundamentals of Farsi</b></p> <p>10:10 am-12:00 pm <b>Garden &amp; Explore</b> @ The Irvine Great Park</p> <p>10:10 am-11:00 am <b>Emotional Resilience</b></p> <p>11:10 am-12:00 pm <b>Fun &amp; Games - H</b> Mtg# 845 6764 2508</p> <p>11:10 am-12:00 pm <b>Wellness Recovery Action Plan (WRAP+)</b></p> <p>12:10 pm-1:00 pm <b>Yoga</b></p> <p>12:10 pm-1:00 pm <b>Around the World</b></p> <p>1:00 pm-2:00 pm <b>Learn Guitar</b></p> <p>1:10 pm - 2:00 pm <del>PTSD Support</del></p> <p>1:10 pm-2:00 pm <b>Water Colors</b></p> <p>2:10 pm-3:00 pm <b>Dual Diagnosis - H</b> Mtg# 856 3015 2718</p> <p>3:10 pm-4:00 pm <b>Music Jam</b></p> <p>4:10 pm-4:50 pm <b>Evening Social</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p>10:10 am-11:00 am <b>Depression Bipolar Support Alliance - H</b> Mtg# 871 1923 5151</p> <p>11:10 am -12:00 pm <b>Schizophrenia Alliance - H</b> Mtg# 817 0754 0588</p> <p>11:10 am -12:00 pm <b>Art Journaling</b></p> <p>12:10 pm - 1:00 pm <b>Aging Gracefully</b></p> <p>12:10 pm - 2:00 pm <b>Role Playing Games</b></p> <p>1:10 pm - 2:00 pm <b>Creative Hour</b></p> <p>1:10 pm -2:00 pm <b>Life In Process</b></p> <p>2:10 pm-3:00 pm <b>OCD Support</b></p> <div style="border: 2px solid green; border-radius: 15px; padding: 10px; text-align: center; background-color: #c8e6c9;"> <p>3:10 pm - 4:30 pm <b>Park Adventures</b></p> </div> <p>3:10 pm-4:30 pm <b>Karaoke</b></p> <p>4:10 pm-4:50 pm <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>



# Wellness Center South



## May 2024

*\*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**

27 Monday	28 Tuesday	29 Wednesday	30 Thursday	31 Friday	
<p><b>MEMORIAL DAY</b></p> <p>Wellness Center South          Will be Closed on          Monday, May 27, 2024.</p> <p>REMEMBER AND HONOR</p>	<p>9:10 am - 10:00 am  <b>Morning Icebreaker</b></p> <p>10:10 am -11:00 am  <b>Anxiety Management</b></p> <p>10:10 am-11:00 am  <b>Anger Management - H</b>          Mtg# 820 0635 8743</p> <div data-bbox="378 584 693 763" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>10:10 am - 2:30 pm            Social Outing            Starlight Cinema</p> </div> <p>11:10 am-12:00 pm  <b>A.A.</b></p> <p>12:10 pm -1:00 pm  <b>Fun &amp; Games</b></p> <p>1:10 pm – 2:00 pm  <b>Whole Person Care</b></p> <p>2:10 pm – 3:00 pm  <b>Boundaries/          Co-Dependency - H</b>          Mtg# 881 7269 7841</p> <p>2:10 pm – 3:00 pm  <b>Train For Your Best Life</b></p> <div data-bbox="378 1242 693 1388" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>2:30 pm- 4:00 pm            SCO Monthly Food Distribution</p> </div> <p>3:10 pm - 4:00 pm  <b>Art Doodling</b></p> <p>4:10 pm-4:50 pm  <b>Evening Social</b></p>	<p>9:10 am - 10:00 am  <b>Morning Icebreaker</b></p> <p>10:10 am -11:00 am  <b>Schizophrenia Alliance - H</b>          Mtg# 817 0754 0588</p> <p>11:10 am -12:00 pm  <b>Community Meeting -H</b>          Mtg# 895 5733 6953</p> <p>12:10 pm -1:00 pm  <b>Vision Board</b></p> <div data-bbox="714 690 1029 925" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>12:30 pm-3:00 pm            Member Appreciation            Lunch            Wellness Center West</p> </div> <p>1:10 pm - 2:00 pm  <b>Men's Group - H</b>          Mtg# 885 4922 9004</p> <p>1:10 pm - 2:00 pm  <b>Woman's Group - H</b>          Mtg# 892 0324 5770</p> <p>2:10 pm – 3:00 pm  <b>Card Playing Games</b></p> <p>3:10 pm - 4:00 pm  <b>Sports Talk</b></p> <p>3:10 pm - 4:00 pm  <b>Karaoke</b></p> <p>4:10 pm - 5:20 pm  <b>Music Jam</b></p> <p>5:30 pm - 6:20 pm  <b>NAMI Connections</b></p>	<p>9:10 am - 10:00 am  <b>Morning Icebreaker</b></p> <p>10:10 am-11:00 am  <b>Healthy Relationships</b>          Mtg# 824 9407 9234</p> <p>10:10 am - 12:00 pm  <b>Cooking</b></p> <div data-bbox="1050 560 1375 722" style="border: 1px solid black; 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  <b>Neighborhood clean up</b></p> <p>11:10 am-12:00 pm  <b>Grief Support</b></p> <p>12:10 am-12:00 pm  <b>Creative Hour</b></p> <p>12:10 pm -1:00 pm  <b>Social Hour</b></p> <p>1:10 pm-2:00 pm  <b>Chess Club</b></p> <p>1:10 pm-2:00 pm  <b>Chair Yoga</b></p> <p>2:10 pm-3:00 pm  <b>Creative Writing</b></p> <p>2:10 pm-3:00 pm  <b>Basic Spanish</b></p> <p>3:10 pm-4:00 pm  <b>Depression Bipolar          Support Alliance - H</b>          Mtg# 871 1923 5151</p> <p>4:10 pm-4:50 pm  <b>Evening Social</b></p>	<p>9:10 am - 10:00 am  <b>Morning Icebreaker</b></p> <p>10:10 am-11:00 am  <b>Fundamentals of Farsi</b></p> <p>10:10 am-11:00 am  <b>Emotional Resilience</b></p> <p>11:10 am-12:00 pm  <b>Fun &amp; Games - H</b>          Mtg# 845 6764 2508</p> <p>11:10 am-12:00 pm  <b>Wellness Recovery          Action Plan (WRAP+)</b></p> <div data-bbox="1396 738 1722 941" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>12:00 pm-3:00 pm            Member Appreciation            Carnival,            Wellness Center Central</p> </div> <p>12:10 pm-1:00 pm  <b>Yoga</b></p> <p>12:10 pm-1:00 pm  <b>Around the World</b></p> <p>1:00 pm-2:00 pm  <b>Learn Guitar</b></p> <p>1:10 pm - 2:00 pm  <b>PERSON Support</b></p> <p>1:10 pm-2:00 pm  <b>Water Colors</b></p> <p>2:10 pm-3:00 pm  <b>Dual Diagnosis - H</b>          Mtg# 856 3015 2718</p> <p>3:10 pm-4:00 pm  <b>Music Jam</b></p> <p>4:10 pm-4:50 pm  <b>Evening Social</b></p>	<p style="text-align: center;"><b>Join Groups Via          Phone:</b></p> <p style="text-align: center;">Please Call:  <b>213-338-8477</b></p> <p style="text-align: center;">Enter the meeting number (mtg#) listed under the group when prompted.</p> <p style="text-align: center;">.....</p> <p style="text-align: center;">You can also download the <b>ZOOM App</b> from the App Store or Google play.</p> <p style="text-align: center;"><b>Join Groups via          Computer:</b></p> <p style="text-align: center;">Please go to:  <a href="http://www.zoom.com">www.zoom.com</a>          &amp; click  <b>Join a Meeting</b>          You will enter the meeting number (mtg#)  <u>Listed under the groups.</u></p> <p style="text-align: center;">-----</p> <p style="text-align: center;">We value your feedback!</p> <p style="text-align: center;">Drop off a note in person or on our website.  <a href="http://wellnesscentersouth.org">wellnesscentersouth.org</a></p> <p style="text-align: center;">under comments &amp; suggestions</p> <p style="text-align: center;">Please share with us your good news, gratitude &amp; accomplishments</p> <p style="text-align: center;"><b>Drop off a note in person          or on our website</b></p>

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

# Wellness Center South



## EDUCATION FAIR

**FRIDAY, MAY 17, 2024  
10:00 A.M. - 12:00 P.M.**

**Featuring local Colleges, Libraries, Adult  
Education, & Certification Programs.**

**Snacks and refreshments will be served.**



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

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

