



Wellness Center South

May 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

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 Time

Monday
Anxiety Management
10:10 am—11:00 am

Wednesday
Schizophrenia Alliance
10:10 am—11:00 am
Crocheting
12:10 pm—1:00 pm

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.

Join Groups via Computer:

www.zoom.com
click Join a Meeting
You will enter the meeting number (mtg#)
Listed under the groups.



WCS

VOLUNTEERING

JOIN US FOR
BEACH CLEAN UP

 250 AVENIDA CALAFIA, SAN CLAMENTE, CA 92672

May 3, 2025

9:00 A.M. - 12:00 P.M.

Refreshments will be served.
Let's make a difference together! Your time and skills
can make a real impact in our community.

We meet at: 23072 Lake Center Dr, Ste # 115
Lake Forest, CA 92630
OR
You can meet us at the beach.



1 Thursday

9:10 am - 10:00 am
Morning Icebreaker
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

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

2 Friday

9:10 am - 10:00 am
Morning Icebreaker
10:10 am-11:00 am
M.A.

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

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
Chat with MAB (H)
Mtg# 881 5469 0081

3:10 pm-4:30 pm
Music Jam

3:10 pm-4:00 pm
Self Empowerment

4:10 pm-4:50 pm
Evening Social

3 Saturday

9:10 am - 10:00 am
Morning Icebreaker

9:00 am - 12:00 pm
Volunteering Day



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

11:10 am-12:00 pm
Creative Hour

12:00 pm - 2:00 pm
In House Cinema

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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<p>9:10 am -10:10 am Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Emotions Anonymous H- Mtg# 827 3012 1326</p> <p><u>10:10 am -11:00 am</u> Anxiety Management</p> <p><u>11:10 am-12:00 pm</u> Basic Spanish</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</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> Coping Skills - H Mtg# 847 1888 5480</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> <p><u>10:10 am - 11:00 am</u> Stress Management</p> <div> <p><u>11:00 am - 3:00 pm</u> Social Outing@ Regal Irvine Spectrum</p>  </div> <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>12:10 pm -1:00 pm</u> Art & Social</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>1:10 pm - 2:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 881 7269 7841</p> <p><u>2:10 pm-3:00 pm</u> Anger Management - H Mtg# 820 0635 8743</p> <p><u>3:10 pm - 4:00 pm</u> Art Doodling</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> Yoga</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> <p><u>12:10 pm -1:00 pm</u> Crocheting</p> <p><u>12:10 pm -2:00 pm</u> In House Cinema</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 - H Mtg# 831 2051 4738</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 - 6:45 pm</u> NAMI Connections</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p><u>10:10 am - 12:00 pm</u> Cooking</p> <p><u>10:10 am-11:00 am</u> Art Journaling</p> <div> <p><u>10:10 am -11:30 am</u> Disc Golf @ Deerfield Park</p> </div> <p><u>11:10 am -12:00 pm</u> LGBTQ+ Support</p> <p><u>11:10 am-12:00 pm</u> Grief Support</p> <p><u>12:10 pm -1:00 pm</u> Social Hour</p> <p><u>1:10 pm-2:00 pm</u> Improv Theater</p> <p><u>1:10 pm-2:00 pm</u> Chair Yoga</p> <p><u>1:10 pm-2:00 pm</u> Healthy Relationships - H- Mtg# 824 9407 9234</p> <p><u>2:10 pm-3:00 pm</u> Creative Writing</p> <p><u>2:10 pm - 3:00 pm</u> Aging Gracefully</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</p> </div> <p><u>10:10 am-11:00 am</u> Emotional Resilience</p> <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> Love Yourself</p> <p><u>12:10 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> PTSD Support</p> <p><u>1:10 pm-2:00 pm</u> Water Colors</p> <p><u>2:10 pm-3:00 pm</u> Sports Talk</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>3:10 pm-4:00 pm</u> Self Empowerment</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>10:10 am-11:00 am</u> Wellness Recovery Action Plan (WRAP+)</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> Creative Hour</p> <p><u>12:10 pm - 2:00 pm</u> Role Playing Games</p> <p><u>12:10 pm - 1:00 pm</u> Crocheting</p> <p><u>1:10 pm - 2:00 pm</u> Learn About Hobbies</p> <p><u>1:10 pm -2:00 pm</u> Life In Process</p> <p><u>2:10 pm-3:00 pm</u> OCD Support - H Mtg# 847 285 87362</p> <p><u>3:10 pm-4:30 pm</u> Karaoke</p> <div> <p><u>3:10 pm - 4:30 pm</u> Park Adventures</p> </div> <p><u>4:10 pm-4:50 pm</u> Evening Social</p> <p><small>Copyright Clarvida of California, 2024, All Rights Reserved.</small></p>

26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday	31 Saturday
 <p>Wellness Center South Will be Closed on Monday, May 26, 2025.</p> <p>MEMORIAL DAY</p> <p>Remember & Honor</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p>10:10 am – 11:00 am Stress Management</p> <div> <p>11:00 am - 2:30 pm</p> <p>Surfing Heritage & Culture Center, San Clemente</p> </div> <p>11:10 am-12:00 pm A.A.</p> <p>12:10 pm -1:00 pm Fun & Games</p> <p>12:10 pm -1:00 pm Art & Social</p> <p>1:10 pm – 2:00 pm Whole Person Care</p> <p>1:10 pm – 2:00 pm Boundaries/ Co-Dependency - H Mtg# 881 7269 7841</p> <p>2:10 pm-3:00 pm Anger Management - H Mtg# 820 0635 8743</p> <div> <p>2:45 - 4:30</p> <p>SCO Monthly Food Distribution</p> </div> <p>3:10 pm - 4:00 pm Art Doodling</p> <p>4:10 pm-4:50 pm Evening Social</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p>10:10 am -11:00 am Yoga</p> <p>10:10 am –11:00 am Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p>11:10 am –12:00 pm Community Meeting –H Mtg# 895 5733 6953</p> <p>12:10 pm –1:00 pm Crocheting</p> <div> <p>1:00 pm-3:00 pm</p> <p>Bowling @Saddleback Lanes Sign-up/Call @ Front Desk</p> </div> <p>1:10 pm - 2:00 pm Men’s Group - H Mtg# 885 4922 9004</p> <p>1:10 pm - 2:00 pm Woman’s Group - H Mtg# 892 0324 5770</p> <p>2:10 pm – 3:00 pm Card Playing Games</p> <p>3:10 pm - 4:00 pm Sports Talk - H Mtg# 831 2051 4738</p> <p>3:10 pm - 4:00 pm Karaoke</p> <p>4:10 pm - 5:20 pm Music Jam</p> <p>5:30 pm - 6:45 pm NAMI Connections</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p>10:10 am - 12:00 pm Cooking</p> <p>10:10 am-11:00 am Art Journaling</p> <div> <p>10:10 am -11:30 am</p> <p>Disc Golf @ Deerfield Park</p> </div> <p>11:10 am -12:00 pm LGBTQ+ Support</p> <p>11:10 am-12:00 pm Grief Support</p> <p>12:10 pm –1:00 pm Social Hour</p> <p>1:10 pm-2:00 pm Improv Theater</p> <p>1:10 pm-2:00 pm Chair Yoga</p> <p>1:10 pm-2:00 pm Healthy Relationships - H- Mtg# 824 9407 9234</p> <p>2:10 pm-3:00 pm Creative Writing</p> <p>2:10 pm – 3:00 pm Aging Gracefully</p> <p>3:10 pm-4:00 pm Depression Bipolar Support Alliance - H Mtg# 871 1923 5151</p> <p>4:10 pm-4:50 pm Evening Social</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p>10:10 am-11:00 am M.A.</p> <p>10:10 am-11:00 am Emotional Resilience</p> <p>11:10 am-12:00 pm Fun & Games - H Mtg# 845 6764 2508</p> <p>11:10 am-12:00 pm Love Yourself</p> <div> <p>11:30 am –3:30 pm</p> <p>Member Appreciation Carnival, Wellness Center Central</p> </div> <p>12:10 pm-1:00 pm Yoga</p> <p>12:10 pm-1:00 pm Around the World</p> <p>1:00 pm-2:00 pm Learn Guitar</p> <p>1:10 pm – 2:00 pm PTSD Support</p> <p>1:10 pm-2:00 pm Water Colors</p> <p>2:10 pm-3:00 pm Sports Talk</p> <p>2:10 pm–3:00 pm Dual Diagnosis - H Mtg# 856 3015 2718</p> <p>3:10 pm-4:30 pm Music Jam</p> <p>3:10 pm-4:00 pm Self Empowerment</p> <p>4:10 pm-4:50 pm Evening Social</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p>10:10 am–11:00 am Depression Bipolar Support Alliance - H Mtg# 871 1923 5151</p> <p>10:10 am-11:00 am Wellness Recovery Action Plan (WRAP+)</p> <p>11:10 am -12:00 pm Schizophrenia Alliance - H Mtg# 817 0754 0588</p> <p>11:10 am-12:00 pm Creative Hour</p> <p>12:10 pm - 2:00 pm Role Playing Games</p> <p>12:10 pm - 1:00 pm Crocheting</p> <p>1:10 pm - 2:00 pm Learn About Hobbies</p> <p>1:10 pm -2:00 pm Life In Process</p> <p>2:10 pm-3:00 pm OCD Support - H Mtg# 847 285 87362</p> <p>3:10 pm-4:30 pm Karaoke</p> <div> <p>3:10 pm - 4:30 pm</p> <p>Park Adventures</p> </div> <p>4:10 pm-4:50 pm Evening Social</p> <p>H=Hybrid Group. The group takes place both in-person and is offered online at the same time.</p>