

\*Calendar is subject to change

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

00050 Lake Contor Dr. Suite #115

**Hours of Operation** Monday, Tuesday, Thursday, Friday, Saturday 9:00 am- 5:00 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.

Ioin Groups via Computer:

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

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**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.

23072 Lake Center Dr., Suite #115 Lake Forest, CA 92630 Wednesday 9:00 am-7:00 pm						
1 Thurs	sday 2	2 Friday	3 Saturday			
9:10 am - 10:00 Morning Icebre <u>10:10 am - 12:00</u> Cooking	am <u>9:10 am</u> aker Morning	<u>- 10:00 am</u> <b>g Icebreaker</b> n-11:00 am	9:10 am - 10:00 am Morning Icebreaker 9:00 am - 12:00 pm			
<u>10:10 am-11:00</u> Art Journaling 10:10 am -11	10:1 Ga	<u>0 am -12:00 pm</u> rden & Explore				
Disc Go @ Deerfield	If     10:10 ar       Park     11:10 ar	<u>n-11:00 am</u> nal Resilience <u>n-12:00 pm</u> ames - H	<u>10:10 am-11:00 am</u> Depression Bipolar			
<u>11:10 am -12:00</u> LGBTQ+ Suppor	pm     Mtg# 84       rt     11:10 ar	<b>15 6764 2508</b> n-12:00 pm	Support Alliance - H Mtg# 871 1923 5151 10:10 am-11:00 am			
11:10 am-12:00 Grief Support	<u>12:10 pr</u> <b>Yoga</b>	<u>n-1:00 pm</u>	Wellness Recovery Action Plan (WRAP+)			
<u>12:10 pm –1:00</u> Social Hour	<u> </u>	<u>n-1:00 pm</u> <b>the World</b>	<u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H			
1:10 pm-2:00 pm Improv Theater	Learn G		Mtg# 817 0754 0588 11:10 am-12:00 pm			
<u>1:10 pm-2:00 pm</u> Chair Yoga	PTSD Su	<u>– 2:00 pm</u> <b>1pport</b> -2:00 pm	Creative Hour <u>12:00 pm - 2:00 pm</u> In House Cinema			
<u>1:10 pm-2:00 pm</u> Healthy Relatio Mtg# 824 9407	nships - H	<b>colors</b> -3:00 pm	<u>12:10 pm - 1:00 pm</u> <b>Crocheting</b> <u>1:10 pm - 2:00 pm</u>			
2:10 pm-3:00 pm Creative Writin	n g <u>2:10 pm</u> Dual Dia	<u>-3:00 pm</u> agnosis - H	Learn About Hobbies <u>1:10 pm -2:00 pm</u> Life In Process			
2:10 pm – 3:00 p Aging Gracefull	y <u>3:10 pm</u> Chat wi	56 3015 2718 - <u>4:00 pm</u> th MAB (H)	<u>2:10 pm-3:00 pm</u> OCD Support -H			
3:10 pm-4:00 pr Depression Bip Support Alliance	olar e - H	81 5469 0081 -4:30 pm	Mtg# 847 285 87362 3:10 pm-4:30 pm Karaoke			
Mtg# 871 1923 4:10 pm-4:50 pm	<u>3:10 pm</u> <u>1</u> Self Em	<u>-4:00 pm</u> powerment	4 <u>:10 pm-4:50 pm</u> Evening Social			
Evening Social	4:10 pm Evening	<u>-4:50 pm</u> <b>; Social</b>	<b>H=Hybrid Group.</b> The group takes place both in-person and is offered online at the same time.			



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23072 Lake Center Dr., Suite #115 Lake Forest, CA 92630 Hours of Operation <u>Monday, Tuesday, Thursday, Friday,</u> <u>Saturday</u> 9:00 am- 5:00 pm Wednesday 9:00 am-7:00 pm

Reidiness and Record	*Calendar is subject to change		Lake Forest, CA 92630		iesday 9:00 am-7:00 pm
5 Monday	6 Tuesday	7 Wednesday	8 Thursday	9 Friday	10 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
<u>10:10 am-11:00 am</u> Emotions Anonymous-	<u>10:10 am – 11:00 am</u> Stress Management	<u>10:10 am -11:00 am</u> <b>Yoga</b>	<u>10:10 am - 12:00 pm</u> <b>Cooking</b>	<u>10:10 am-11:00 am</u> Fundamentals of Farsi	<u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H
H-Mtg# 827 3012 1326 <u>10:10 am -11:00 am</u> Anxiety Management	<u>11:00 am - 3:00 pm</u> Social Outing@ Regal Irvine Spectrum	<u>10:10 am –11:00 am</u> Schizophrenia Alliance - H - Mtg# 817 0754 0588	<u>10:10 am-11:00 am</u> Art Journaling <u>10:10 am -11:30 am</u>	<u>10:10 am -12:00 pm</u> Garden & Explore	Mtg# 871 1923 5151 <u>10:10 am-11:00 am</u> Wellness Recovery
<u>11:10 am-12:00 pm</u> Basic Spanish <u>11:10 am-12:00 pm</u>	G RECAL	<u>11:10 am –12:00 pm</u> Community Meeting –H Mtg# 895 5733 6953	Disc Golf @ Deerfield Park	<u>10:10 am-11:00 am</u> Emotional Resilience <u>11:10 am-12:00 pm</u>	Action Plan (WRAP+) <u>11:10 am -12:00 pm</u> Schizophrenia
Learning to Meditate <u>12:10 pm-1:00 pm</u> Art Social		<u>12:00 pm - 1:00 pm</u> Wednesday Walk to Lunch	<u>11:10 am -12:00 pm</u> LGBTQ+ Support <u>11:10 am-12:00 pm</u> Grief Support	Fun & Games - H Mtg# 845 6764 2508 <u>11:10 am-12:00 pm</u> Love Yourself	Alliance - H Mtg# 817 0754 0588 <u>11:10 am-12:00 pm</u> Creative Hour
<u>12:10 pm-1:00 pm</u> Free Form Exercise	<u>11:10 am-12:00 pm</u> A.A.	Taqueria de Anda	<u>12:10 pm – 1:00 pm</u> Social Hour <u>1:10 pm-2:00 pm</u>	<u>12:10 pm-1:00 pm</u> Yoga <u>12:10 pm-1:00 pm</u>	<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>	<u>12:10 pm -1:00 pm</u> <b>Fun &amp; Games</b> <u>12:10 pm -1:00 pm</u>	<u>1:10 pm - 2:00 pm</u> Men's Group - H	Improv Theater <u>1:10 pm-2:00 pm</u> Chair Yoga	Around the World 12:30 pm-2:00 pm MAB Meeting	<u>12:10 pm - 1:00 pm</u> Crocheting <u>1:10 pm - 2:00 pm</u>
Positive Thinking - H Mtg# 816 0034 3240	Art & Social <u>1:10 pm – 2:00 pm</u> Whole Person Care	Mtg# 885 4922 9004 <u>1:10 pm - 2:00 pm</u> Woman's Group - H	1:10 pm-2:00 pm       Healthy Relationships - H       Mtg# 824 9407 9234	<u>1:00 pm-2:00 pm</u> Learn Guitar <u>1:10 pm – 2:00 pm</u>	Learn About Hobbies <u>1:10 pm -2:00 pm</u> Life In Process
2:10 pm-3:00 pm Coping Skills - H Mtg# 847 1888 5480	<u>1:10 pm-2:00 pm</u> Laughter Yoga <u>1:10 pm – 2:00 pm</u>	Mtg# 892 0324 5770 <u>2:10 pm – 3:00 pm</u> Card Playing Games	<u>1:45 pm - 3:30 pm</u> JOB CLUB	PTSD Support <u>1:10 pm-2:00 pm</u> Water Colors	2:10 pm-3:00 pm OCD Support - H Mtg# 847 285 87362
2:10 pm-3:00 pm BINGO! 3:10 pm-4:00 pm	Boundaries/ Co-Dependency - H Mtg# 881 7269 7841	<u>3:10 pm - 4:00 pm</u> <b>Sports Talk - H</b> <b>Mtg# 831 2051 4738</b>	2:10 pm-3:00 pm Creative Writing	2:10 pm-3:00 pm Sports Talk 2:10 pm-3:00 pm	<u>3:10 pm-4:30 pm</u> Karaoke
Depression Bipolar Support Alliance	2:10 pm-3:00 pm Anger Management - H Mtg# 820 0635 8743	<u>3:10 pm - 4:00 pm</u> Karaoke	2:10 pm - 3:00 pm Aging Gracefully 3:10 pm-4:00 pm	Dual Diagnosis - H       Mtg# 856 3015 2718       3:10 pm-4:30 pm	<u>3:10 pm - 4:30 pm</u> <b>Park Adventures</b>
<u>4:10 pm-4:50 pm</u> Evening Social	3:10 pm - 4:00 pm       Art Doodling	<u>4:10 pm - 5:20 pm</u> <b>Music Jam</b> <u>5:30 pm - 6:45 pm</u>	Depression Bipolar Support Alliance - H Mtg# 871 1923 5151	Music Jam <u>3:10 pm-4:00 pm</u> Self Empowerment	<u>4:10 pm-4:50 pm</u> Evening Social
Copyright Clarvida of California, 2024, All Rights Reserved.	<u>4:10 pm-4:50 pm</u> Evening Social	NAMI Connections	<u>4:10 pm-4:50 pm</u> Evening Social	<u>4:10 pm-4:50 pm</u> Evening Social	<b>H=Hybrid</b> <i>Group</i> . The group takes place both in-person and is offered online at the same time.



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23072 Lake Center Dr., Suite #115 Lake Forest, CA 92630 Hours of Operation <u>Monday, Tuesday, Thursday, Friday,</u> <u>Saturday</u> 9:00 am- 5:00 pm Wednesday 9:00 am-7:00 pm

Wellness and Rev	*Calendar is subj	ect to change	Lake 1 010st, 011 92050 Weaksday 5.00 am 7.00 pm		
12 Monday	13 Tuesday	14 Wednesday	15 Thursday	16 Friday	17 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
<u>10:10 am-11:00 am</u> Emotions Anonymous-H	<u>10:10 am – 11:00 am</u> Stress Management	<u>10:10 am -11:00 am</u> Yoga	<u>10:10 am - 12:00 pm</u> Cooking	<u>10:10 am-11:00 am</u> <b>M.A.</b>	<u>10:10 am-11:00 am</u> <b>Depression Bipolar</b>
Mtg# 827 3012 1326 10:10 am -11:00 am	<u>11:00 am - 2:30 pm</u>	<u>10:10 am –11:00 am</u> Schizophrenia Alliance - H-	<u>10:10 am-11:00 am</u> Art Journaling	<u>10:10 am -12:00 pm</u>	Support Alliance - H Mtg# 871 1923 5151
Anxiety Management	Old Orange County	<b>Mtg# 817 0754 0588</b> 11:10 am -12:00 pm	<u>10:10 am -11:30 am</u>	Garden & Explore	<u>10:10 am-11:00 am</u> Wellness Recovery
<u>11:10 am-12:00 pm</u> Basic Spanish	Courthouse, Santa Ana	Community Meeting –H Mtg# 895 5733 6953	Disc Golf @ Deerfield Park	<u>10:10 am-11:00 am</u> Emotional Resilience	Action Plan (WRAP+) <u>11:10 am -12:00 pm</u>
<u>11:10 am-12:00 pm</u> Learning to Meditate		<u>12:10 pm –1:00 pm</u> Crocheting		<u>11:10 am-12:00 pm</u> Fun & Games - H	Schizophrenia Alliance - H
<u>11:30 am-12:30 pm</u> New Lung		1.00 nm 2:00 nm	<u>11:10 am -12:00 pm</u> LGBTQ+ Support	Mtg# 845 6764 2508 <u>11:10 am-12:00 pm</u>	Mtg# 817 0754 0588 11:10 am-12:00 pm
<u>12:10 pm-1:00 pm</u> Art Social	<u>11:10 am-12:00 pm</u>	Bowling @Saddleback Lanes Sign-up/Call @ Front Desk	<u>11:10 am-12:00 pm</u> Grief Support	Love Yourself <u>12:10 pm-1:00 pm</u>	Creative Hour <u>12:10 pm - 2:00 pm</u>
<u>12:10 pm-1:00 pm</u> Free Form Exercise	A.A.	Sign up/can e from besk	<u>12:10 pm –1:00 pm</u> Social Hour	Yoga <u>12:10 pm-1:00 pm</u> Around the World	Role Playing Games
<u>1:10 pm-2:00 pm</u> <b>N.A.</b>	<u>12:10 pm -1:00 pm</u> Fun & Games	<u>1:10 pm - 2:00 pm</u> Men's Group - H	<u>1:10 pm-2:00 pm</u> Improv Theater	<u>1:00 pm-2:00 pm</u> Learn Guitar	<b>Crocheting</b> <u>1:10 pm - 2:00 pm</u>
<u>1:10 pm-2:00 pm</u> Positive Thinking - H	<u>12:10 pm -1:00 pm</u> Art & Social	Mtg# 885 4922 9004 1:10 pm - 2:00 pm	<u>1:00 pm-2:00 pm</u> Benefits Workshop With	<u>1:10 pm – 2:00 pm</u> <b>PTSD Support</b>	<b>Learn About Hobbies</b> <u>1:10 pm -2:00 pm</u>
Mtg# 816 0034 3240 2:10 pm-3:00 pm	<u>1:10 pm – 2:00 pm</u> Whole Person Care	Woman's Group - H Mtg# 892 0324 5770	Dung Le-OC HCA.       1:10 pm-2:00 pm	<u>1:10 pm-2:00 pm</u>	Life In Process <u>2:10 pm-3:00 pm</u>
Coping Skills - H Mtg# 847 1888 5480	<u>1:10 pm – 2:00 pm</u> Boundaries/	<u>2:10 pm – 3:00 pm</u> Card Playing Games	Healthy Relationships - H Mtg# 824 9407 9234	Water Colors <u>2:10 pm-3:00 pm</u>	OCD Support -H Mtg# 847 285 87362
<u>2:10 pm-3:00 pm</u> BINGO!	<b>Co-Dependency - H</b> <b>Mtg# 881 7269 7841</b>	<u>3:10 pm - 4:00 pm</u> <b>Sports Talk - H</b>	2:10 pm-3:00 pm Creative Writing	<b>Sports Talk</b> <u>2:10 pm-3:00 pm</u>	<u>3:10 pm-4:30 pm</u> Karaoke
<u>3:10 pm-4:00 pm</u> Depression Bipolar	<u>2:10 pm-3:00 pm</u> Anger Management - H	Mtg# 831 2051 4738	2:10 pm – 3:00 pm Aging Gracefully	Dual Diagnosis - H Mtg# 856 3015 2718	<u>3:10 pm - 4:30 pm</u>
Support Alliance 4:10 pm-4:50 pm	Mtg# 820 0635 8743	<u>3:10 pm - 4:00 pm</u> Karaoke	<u>3:10 pm-4:00 pm</u> Depression Bipolar	<u>3:10 pm-4:30 pm</u> Music Jam	Park Adventures
Evening Social	<u>3:10 pm - 4:00 pm</u> Art Doodling	<u>4:10 pm - 5:20 pm</u> Music Jam	Support Alliance - H Mtg# 871 1923 5151	<u>3:10 pm-4:00 pm</u> Self Empowerment	<u>4:10 pm-4:50 pm</u> Evening Social
<b>H=Hybrid</b> <i>Group</i> . The group takes place both in-person and is offered online at the same time.	<u>4:10 pm-4:50 pm</u> Evening Social	5:30 pm - 6:45 pm NAMI Connections	4:10 pm-4:50 pm Evening Social	<u>4:10 pm-4:50 pm</u> Evening Social	Copyright Clarvida of California, 2024, All Rights Reserved.



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Wellness and Rev	*Calendar is subjec	t to change	Lake Polest, CA 92030		
19 Monday	20 Tuesday	21 Wednesday	22 Thursday	23 Friday	24 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
<u>10:10 am-11:00 am</u> Emotions Anonymous H- Mtg# 827 3012 1326	<u>10:10 am – 11:00 am</u> Stress Management	<u>10:10 am -11:00 am</u> <b>Yoga</b>	<u>10:10 am - 12:00 pm</u> <b>Cooking</b>	10:10 am-11:00 am Fundamentals of Farsi	<u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H
<u>10:10 am –11:00 am</u> Anxiety Management	<u>11:00 am - 3:00 pm</u> Social Outing@	<u>10:10 am -11:00 am</u> Schizophrenia Alliance - H Mtg# 817 0754 0588	10:10 am-11:00 am Art Journaling	<u>10:10 am -12:00 pm</u> Garden & Explore	Mtg# 871 1923 5151 10:10 am-11:00 am
<u>11:10 am-12:00 pm</u> Basic Spanish	Regal Irvine Spectrum	<u>11:10 am –12:00 pm</u> Community Meeting –H	<u>10:10 am -11:30 am</u> Disc Golf @ Deerfield Park	<u>10:10 am-11:00 am</u> Emotional Resilience	Wellness Recovery Action Plan (WRAP+) <u>11:10 am -12:00 pm</u>
<u>11:10 am-12:00 pm</u> Learning to Meditate		Mtg# 895 5733 6953		<u>11:10 am-12:00 pm</u> Fun & Games - H Mtg# 845 6764 2508	Schizophrenia Alliance - H
<u>12:10 pm-1:00 pm</u> Art Social	<u>11:10 am-12:00 pm</u>	Crocheting 12:10 pm –2:00 pm	<u>11:10 am -12:00 pm</u> LGBTQ+ Support 11:10 am-12:00 pm	<u>11:10 am-12:00 pm</u> Love Yourself	Mtg# 817 0754 0588 <u>11:10 am-12:00 pm</u> Creative Hour
<u>12:10 pm-1:00 pm</u> Free Form Exercise	A.A. 12:10 pm -1:00 pm	In House Cinema <u>1:10 pm - 2:00 pm</u>	Grief Support 12:10 pm -1:00 pm	<u>12:10 pm-1:00 pm</u> <b>Yoga</b>	<u>12:10 pm - 2:00 pm</u> Role Playing Games
<u>1:10 pm–2:00 pm</u> <b>N.A.</b>	Fun & Games <u>12:10 pm -1:00 pm</u> Art & Social	Men's Group - H Mtg# 885 4922 9004	Social Hour <u>1:10 pm-2:00 pm</u>	<u>12:10 pm-1:00 pm</u> <b>Around the World</b> <u>1:00 pm-2:00 pm</u>	<u>12:10 pm - 1:00 pm</u> Crocheting
<u>1:10 pm-2:00 pm</u> <b>Positive Thinking - H</b> <b>Mtg# 816 0034 3240</b>	<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	Improv Theater <u>1:10 pm-2:00 pm</u> Chair Yoga	Learn Guitar <u>1:10 pm – 2:00 pm</u>	<u>1:10 pm - 2:00 pm</u> <b>Learn About Hobbies</b> <u>1:10 pm -2:00 pm</u>
<u>2:10 pm-3:00 pm</u> <b>Coping Skills - H</b>	<u>1:10 pm-2:00 pm</u> Laughter Yoga	<u>2:10 pm – 3:00 pm</u> Card Playing Games	<u>1:10 pm-2:00 pm</u> Healthy Relationships -	PTSD Support <u>1:10 pm-2:00 pm</u> Water Colors	Life In Process 2:10 pm-3:00 pm
Mtg# 847 1888 5480 <u>2:10 pm-3:00 pm</u> BINGO!	<u>1:10 pm – 2:00 pm</u> Boundaries/ Co-Dependency - H	<u>3:10 pm - 4:00 pm</u> <b>Sports Talk - H</b>	H- Mtg# 824 9407 9234 <u>2:10 pm-3:00 pm</u>	2:10 pm-3:00 pm Sports Talk	OCD Support - H Mtg# 847 285 87362
<u>3:10 pm-4:00 pm</u> Depression Bipolar	Mtg# 881 7269 7841       2:10 pm-3:00 pm	Mtg# 831 2051 4738 3:10 pm - 4:00 pm	Creative Writing <u>2:10 pm – 3:00 pm</u> Aging Gracefully	<u>2:10 pm-3:00 pm</u> Dual Diagnosis - H Mtg# 856 3015 2718	<u>3:10 pm-4:30 pm</u> Karaoke
Support Alliance 4:10 pm-4:50 pm	Anger Management - H Mtg# 820 0635 8743	Karaoke <u>4:10 pm - 5:20 pm</u> Munic Law	<u>3:10 pm-4:00 pm</u> Depression Bipolar	<u>3:10 pm-4:30 pm</u> Music Jam	<u>3:10 pm - 4:30 pm</u> <b>Park Adventures</b>
Evening Social	3:10 pm - 4:00 pm Art Doodling 4:10 pm-4:50 pm	Music Jam 5:30 pm - 6:45 pm	Support Alliance - H Mtg# 871 1923 5151	3:10 pm-4:00 pm Self Empowerment	4:10 pm-4:50 pm Evening Social
<b>H=Hybrid</b> <i>Group</i> . The group takes place both in-person and is offered online at the same time.	Evening Social	NAMI Connections	<u>4:10 pm-4:50 pm</u> Evening Social	<u>4:10 pm-4:50 pm</u> Evening Social	Copyright Clarvida of California, 2024, All Rights Reserved.



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Test Driven Wellness and Record	*Calendar is subject to change		Lake Forest, CA 92630 Wed		nesday 9:00 am-7:00 pm
26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday	31 Saturday
	<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
	<u>10:10 am – 11:00 am</u> Stress Management	<u>10:10 am -11:00 am</u> <b>Yoga</b>	<u>10:10 am - 12:00 pm</u> Cooking	<u>10:10 am-11:00 am</u> M.A. <u>10:10 am-11:00 am</u>	<u>10:10 am–11:00 am</u> Depression Bipolar
	<u>11:00 am - 2:30 pm</u>	<u>10:10 am –11:00 am</u> Schizophrenia Alliance - H Mtg# 817 0754 0588	<u>10:10 am-11:00 am</u> Art Journaling	Emotional Resilience	Support Alliance - H Mtg# 871 1923 5151
	Surfing Heritage & Culture Center,	<u>11:10 am –12:00 pm</u> Community Meeting –H	<u>10:10 am -11:30 am</u> Disc Golf	Fun & Games - H Mtg# 845 6764 2508	<u>10:10 am-11:00 am</u> Wellness Recovery Action Plan (WRAP+)
	San Clemente	Mtg# 895 5733 6953	@ Deerfield Park	<u>11:10 am-12:00 pm</u> Love Yourself	<u>11:10 am -12:00 pm</u> Schizophrenia
Wellness Center South	<u>11:10 am-12:00 pm</u> <b>A.A.</b>	Crocheting	<u>11:10 am -12:00 pm</u>	<u>11:30 am –3:30 pm</u> Member Appreciation	Alliance - H Mtg# 817 0754 0588
Will be Closed on	<u>12:10 pm -1:00 pm</u> <b>Fun &amp; Games</b>	<i>i</i> :00 pm-3:00 pm <i>i b i b i b</i>	LGBTQ+ Support <u>11:10 am-12:00 pm</u>	Carnival, Wellness Center	<u>11:10 am-12:00 pm</u> Creative Hour
Monday, May 26, 2025.	<u>12:10 pm -1:00 pm</u> Art & Social	@Saddleback Lanes Sign-up/Call @ Front Desk	Grief Support 12:10 pm -1:00 pm Social Hour	Central	<u>12:10 pm - 2:00 pm</u> Role Playing Games
	<u>1:10 pm – 2:00 pm</u> Whole Person Care	<u>1:10 pm - 2:00 pm</u> <b>Men's Group - H</b>	<u>1:10 pm-2:00 pm</u> Improv Theater	<u>12:10 pm-1:00 pm</u> <b>Yoga</b> 12:10 pm-1:00 pm	<u>12:10 pm - 1:00 pm</u> Crocheting
MEMORIAL	<u>1:10 pm – 2:00 pm</u> Boundaries/ Co-Dependency - H	<b>Mtg# 885 4922 9004</b> 1:10 pm - 2:00 pm	<u>1:10 pm-2:00 pm</u> Chair Yoga	Around the World <u>1:00 pm-2:00 pm</u>	<u>1:10 pm - 2:00 pm</u> Learn About Hobbies <u>1:10 pm -2:00 pm</u>
= DAY =	Mtg# 881 7269 7841       2:10 pm-3:00 pm	Woman's Group - H Mtg# 892 0324 5770	<u>1:10 pm-2:00 pm</u> Healthy Relationships - H-	Learn Guitar <u>1:10 pm – 2:00 pm</u> PTSD Support	Life In Process <u>2:10 pm-3:00 pm</u>
A LIDACIDACI	Anger Management - H Mtg# 820 0635 8743	<u>2:10 pm – 3:00 pm</u> Card Playing Games	Mtg# 824 9407 9234       2:10 pm-3:00 pm	<u>1:10 pm-2:00 pm</u> Water Colors	OCD Support - H Mtg# 847 285 87362
Remember &	<u>2:45 - 4:30</u>	<u>3:10 pm - 4:00 pm</u> Sports Talk - H	<b>Creative Writing</b> 2:10 pm – 3:00 pm	2:10 pm-3:00 pm <b>Sports Talk</b> 2:10 pm-3:00 pm	<u>3:10 pm-4:30 pm</u> Karaoke
Honor	SCO Monthly Food Distribution	Mtg# 831 2051 4738 3:10 pm - 4:00 pm	Aging Gracefully 3:10 pm-4:00 pm	Dual Diagnosis - H Mtg# 856 3015 2718	<u>3:10 pm - 4:30 pm</u> <b>Park Adventures</b>
	<u>3:10 pm - 4:00 pm</u> Art Doodling	Karaoke <u>4:10 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
V A X A V A X A V A X	4:10 pm-4:50 pm Evening Social	5:30 pm - 6:45 pm NAMI Connections	Mtg# 871 1923 5151 4:10 pm-4:50 pm	<u>3:10 pm-4:00 pm</u> Self Empowerment <u>4:10 pm-4:50 pm</u>	Evening Social
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