



Wellness Center South

June 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

2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday	7 Saturday
<p><u>9:10 am -10:10 am</u> 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><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <p><u>10:10 am - 11:00 am</u> Stress Management</p> <div data-bbox="357 414 682 787" data-label="Image"> </div> <p><u>11:00 am - 3:00 pm</u> Social Outing@ Regal Irvine Spectrum</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>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><u>9:10 am - 10:00 am</u> 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> <div data-bbox="682 657 1050 893" data-label="Image"> </div> <p><u>12:00 pm - 1:00 pm</u> Wednesday Walk to Lunch Taqueria de Anda</p> <p><u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 890 21299504</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><u>9:10 am - 10:00 am</u> 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 data-bbox="1050 511 1396 657" data-label="Image"> </div> <p><u>10:10 am -11:30 am</u> Disc Golf @ Deerfield Park</p> <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> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151</p> <div data-bbox="1050 1136 1396 1599" data-label="Image"> </div> <p><u>2:00 pm -5:00 pm</u> Wellness Center South Closed</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 data-bbox="1396 414 1743 544" data-label="Image"> </div> <p><u>10:10 am -12:00 pm</u> Garden & Explore</p> <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> Sports Talk</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> Around the World</p> <p><u>2:10 pm-3:00 pm</u> Dual Diagnosis - H Mtg# 856 3015 2718</p> <p><u>3:10 pm-4:00 pm</u> Chat with MAB (H) Mtg# 881 5469 0081</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><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>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>12:00 pm - 2:00 pm</u> In House Cinema</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 data-bbox="1743 1291 2068 1421" data-label="Image"> </div> <p><u>3:10 pm - 4:30 pm</u> Park Adventures</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>



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9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday	14 Saturday
<u>9:10 am -10:10 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> Anxiety Management <u>11:10 am-12:00 pm</u> Basic Spanish <u>11:10 am-12:00 pm</u> Learning to Meditate <u>11:30 am-12:30 pm</u> New Lung <u>12:10 pm-1:00 pm</u> Art Social <u>12:10 pm-1:00 pm</u> Free Form Exercise <u>1:10 pm-2:00 pm</u> N.A. <u>1:10 pm-2:00 pm</u> Positive Thinking - H Mtg# 816 0034 3240 <u>2:10 pm-3:00 pm</u> Coping Skills - H Mtg# 847 1888 5480 <u>2:10 pm-3:00 pm</u> BINGO! <u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance <u>4:10 pm-4:50 pm</u> Evening Social	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am – 11:00 am</u> Stress Management <div><u>11:00 am - 2:30 pm</u> Sherman Library & Gardens,</div>  <u>11:10 am-12:00 pm</u> A.A. <u>12:10 pm -1:00 pm</u> Fun & Games <u>12:10 pm -1:00 pm</u> Art & Social <u>1:10 pm – 2:00 pm</u> Whole Person Care <u>1:10 pm – 2:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 881 7269 7841 <u>2:10 pm-3:00 pm</u> Anger Management - H Mtg# 820 0635 8743 <u>3:10 pm - 4:00 pm</u> Art Doodling <u>4:10 pm-4:50 pm</u> Evening Social	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am -11:00 am</u> Yoga <u>10:10 am –11:00 am</u> Schizophrenia Alliance -H Mtg# 817 0754 0588 <u>11:10 am –12:00 pm</u> Community Meeting –H Mtg# 895 5733 6953 <u>12:10 pm –1:00 pm</u> Crocheting <u>1:10 pm –3:00 pm</u> Inhouse Cinema <u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 890 21299504 <u>1:10 pm - 2:00 pm</u> Woman's Group - H Mtg# 892 0324 5770 <u>2:10 pm – 3:00 pm</u> Card Playing Games <u>3:10 pm - 4:00 pm</u> Sports Talk - H Mtg# 831 2051 4738 <u>3:10 pm - 4:00 pm</u> Karaoke <u>4:10 pm - 5:20 pm</u> Music Jam <u>5:30 pm - 6:45 pm</u> NAMI Connections	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am - 12:00 pm</u> Cooking <u>10:10 am-11:00 am</u> Art Journaling <div><u>10:10 am -11:30 am</u> Disc Golf @ Deerfield Park</div> <u>11:10 am -12:00 pm</u> LGBTQ+ Support <u>11:10 am-12:00 pm</u> Grief Support <u>12:10 pm –1:00 pm</u> Social Hour <u>1:10 pm-2:00 pm</u> Improv Theater <u>1:10 pm-2:00 pm</u> Chair Yoga <u>1:10 pm-2:00 pm</u> Healthy Relationships - H Mtg# 824 9407 9234 <div><u>1:45 pm - 3:30 pm</u> JOB CLUB</div>  <u>2:10 pm-3:00 pm</u> Creative Writing <u>2:10 pm – 3:00 pm</u> Aging Gracefully <u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151 <u>4:10 pm-4:50 pm</u> Evening Social	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am-11:00 am</u> M.A. <div><u>10:10 am -12:00 pm</u> Garden & Explore</div> <u>10:10 am-11:00 am</u> Emotional Resilience <u>11:10 am-12:00 pm</u> Fun & Games - H Mtg# 845 6764 2508 <u>11:10 am-12:00 pm</u> Love Yourself <u>12:10 pm-1:00 pm</u> Yoga <u>12:10 pm-1:00 pm</u> Sports Talk <u>12:30 pm-2:00 pm</u> MAB Meeting <u>1:00 pm-2:00 pm</u> Learn Guitar <u>1:10 pm – 2:00 pm</u> PTSD Support <u>1:10 pm-2:00 pm</u> Water Colors <u>2:10 pm-3:00 pm</u> Around the World <u>2:10 pm-3:00 pm</u> Dual Diagnosis - H Mtg# 856 3015 2718 <u>3:10 pm-4:30 pm</u> Music Jam <u>3:10 pm-4:00 pm</u> Self Empowerment <u>4:10 pm-4:50 pm</u> Evening Social	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151 <u>10:10 am-11:00 am</u> Wellness Recovery Action Plan (WRAP+) <u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 817 0754 0588 <u>11:10 am-12:00 pm</u> Creative Hour <u>12:10 pm - 2:00 pm</u> Role Playing Games <u>12:10 pm - 1:00 pm</u> Crocheting <u>1:10 pm - 2:00 pm</u> Learn About Hobbies <u>1:10 pm -2:00 pm</u> Life In Process <u>2:10 pm-3:00 pm</u> OCD Support - H Mtg# 847 285 87362 <u>3:10 pm-4:30 pm</u> Karaoke <div><u>3:10 pm - 4:30 pm</u> Park Adventures</div> <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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16 Monday	17 Tuesday	18 Wednesday	19 Thursday	20 Friday	21 Saturday
<u>9:10 am -10:10 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> Anxiety Management <u>11:10 am-12:00 pm</u> Basic Spanish <u>11:10 am-12:00 pm</u> Learning to Meditate <u>12:10 pm-1:00 pm</u> Art Social <u>12:10 pm-1:00 pm</u> Free Form Exercise <u>1:10 pm-2:00 pm</u> N.A. <u>1:10 pm-2:00 pm</u> Positive Thinking - H Mtg# 816 0034 3240 <u>2:10 pm-3:00 pm</u> Coping Skills - H Mtg# 847 1888 5480 <u>2:10 pm-3:00 pm</u> BINGO! <u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance <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.	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am - 11:00 am</u> Stress Management <div><u>11:00 am - 3:00 pm</u> Social Outing@ Regal Irvine Spectrum </div> <u>11:10 am-12:00 pm</u> A.A. <u>12:10 pm -1:00 pm</u> Fun & Games <u>12:10 pm -1:00 pm</u> Art & Social <u>1:10 pm - 2:00 pm</u> Whole Person Care <u>1:10 pm-2:00 pm</u> Laughter Yoga <u>1:10 pm - 2:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 881 7269 7841 <u>2:10 pm-3:00 pm</u> Anger Management - H Mtg# 820 0635 8743 <u>3:10 pm - 4:00 pm</u> Art Doodling <u>4:10 pm-4:50 pm</u> Evening Social	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am -11:00 am</u> Yoga <u>10:10 am -11:00 am</u> Schizophrenia Alliance - H Mtg# 817 0754 0588 <u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 895 5733 6953 <u>12:10 pm -1:00 pm</u> Crocheting <div><u>1:00 pm-3:00 pm</u> Bowling @Saddleback Lanes Sign-up/Call @ Front Desk </div> <u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 890 21299504 <u>1:10 pm - 2:00 pm</u> Woman's Group - H Mtg# 892 0324 5770 <u>2:10 pm - 3:00 pm</u> Card Playing Games <u>3:10 pm - 4:00 pm</u> Sports Talk - H Mtg# 831 2051 4738 <u>3:10 pm - 4:00 pm</u> Karaoke <u>4:10 pm - 5:20 pm</u> Music Jam <u>5:30 pm - 6:45 pm</u> NAMI Connections	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am - 12:00 pm</u> Cooking <u>10:10 am-11:00 am</u> Art Journaling <div><u>10:10 am -11:30 am</u> Disc Golf @ Deerfield Park</div> <u>11:10 am -12:00 pm</u> LGBTQ+ Support <u>11:10 am-12:00 pm</u> Grief Support <u>12:10 pm -1:00 pm</u> Social Hour <u>1:10 pm-2:00 pm</u> Improv Theater <u>1:00 pm-2:00 pm</u> Benefits Workshop With Dung Le-OC HCA. <u>1:10 pm-2:00 pm</u> Healthy Relationships - H Mtg# 824 9407 9234 <u>2:10 pm-3:00 pm</u> Creative Writing <u>2:10 pm - 3:00 pm</u> Aging Gracefully <u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151 <u>4:10 pm-4:50 pm</u> Evening Social	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am-11:00 am</u> Fundamentals of Farsi <div><u>10:10 am -12:00 pm</u> Garden & Explore</div> <u>10:10 am-11:00 am</u> Emotional Resilience <u>11:10 am-12:00 pm</u> Fun & Games - H Mtg# 845 6764 2508 <u>11:10 am-12:00 pm</u> Love Yourself <u>12:10 pm-1:00 pm</u> Yoga <u>12:10 pm-1:00 pm</u> Sports Talk <u>1:00 pm-2:00 pm</u> Learn Guitar <u>1:10 pm - 2:00 pm</u> PTSD Support <u>1:10 pm-2:00 pm</u> Water Color <u>2:10 pm-3:00 pm</u> Around the World <u>2:10 pm-3:00 pm</u> Dual Diagnosis - H Mtg# 856 3015 2718 <u>3:10 pm-4:30 pm</u> Music Jam <u>3:10 pm-4:00 pm</u> Self Empowerment <u>4:10 pm-4:50 pm</u> Evening Social	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 871 1923 5151 <u>10:10 am-11:00 am</u> Wellness Recovery Action Plan (WRAP+) <u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 817 0754 0588 <u>11:10 am-12:00 pm</u> Creative Hour <u>12:10 pm - 2:00 pm</u> Role Playing Games <u>12:10 pm - 1:00 pm</u> Crocheting <u>1:10 pm - 2:00 pm</u> Learn About Hobbies <u>1:10 pm -2:00 pm</u> Life In Process <u>2:10 pm-3:00 pm</u> OCD Support -H Mtg# 847 285 87362 <u>3:10 pm-4:30 pm</u> Karaoke <div><u>3:10 pm - 4:30 pm</u> Park Adventures</div> <u>4:10 pm-4:50 pm</u> Evening Social <i>Copyright Clarvida of California, 2024, All Rights Reserved.</i>

23 Monday	24 Tuesday	25 Wednesday	26 Thursday	27 Friday	28 Saturday
<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 - 2:30 pm</u></p> <p>OC Zoo, Irvine Reginal Park</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> 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> <div> <p><u>2:45 - 4:30</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> <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> <div> <p><u>12:00 pm- 3:00 pm</u> WCS Member Appreciation Event</p>  </div> <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><small>Copyright Clarvida of California, 2024, All Rights Reserved.</small></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> Chair Yoga</p> <p><u>1:10 pm-2:00 pm</u> Healthy Relationships - H- Mtg# 824 9407 9234</p> <div> <p><u>1:30 pm -4:30 pm</u> Pride Celebration, Wellness Center Central</p> </div> <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> <div> <p><u>9:10 am -2:00 pm</u> Peer Workforce Training Event REI Campus, Orange</p> </div> <p><u>10:10 am-11:00 am</u> M.A.</p> <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> Sports Talk</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> Around the World</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> <div> <p><u>9:30 am - 11:30 am</u> OC Read Day, Tustin Library</p> </div> <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> <div> <p><u>3:00 pm - 4:30 pm</u> Multicultural Festival, Lake Forest Civic Center</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>

30 Monday					
<p>9:10 am -10:10 am Morning Icebreaker</p> <p>10:10 am-11:00 am Emotions Anonymous H- Mtg# 827 3012 1326</p> <p>10:10 am -11:00 am Anxiety Management</p> <p>11:10 am-12:00 pm Basic Spanish</p> <p>11:10 am-12:00 pm Learning to Meditate</p> <p>12:10 pm-1:00 pm Art Social</p> <p>12:10 pm-1:00 pm Free Form Exercise</p> <p>1:10 pm-2:00 pm N.A.</p> <p>1:10 pm-2:00 pm Positive Thinking - H Mtg# 816 0034 3240</p> <p>2:10 pm-3:00 pm Coping Skills - H Mtg# 847 1888 5480</p> <p>2:10 pm-3:00 pm BINGO!</p> <p>3:10 pm-4:00 pm Depression Bipolar Support Alliance</p> <p>4:10 pm-4:50 pm Evening Social</p>	<div><p>You are invited to WCS</p><h2>Member Appreciation Event</h2><p>Wednesday, June 25, 2025</p><p>12:00 P.M. - 3:00 P.M.</p><p>Let's get together to appreciate each other and enjoy the Music, Lunch, & Shaved-ice dessert.</p><p>A big thank you for being our valued member. We're delighted to have you as part of our community.</p><p>We appreciate your RSVP by Wednesday, June 18, 2025.</p><p> 23072 Lake Center Dr. Ste 115, Lake Forest, CA 92630</p><p>For more info please call: 949-528-6822</p><div></div></div>			<p>Join Groups Via Phone:</p> <p>Please Call:</p> <p>213-338-8477</p> <p>Enter the meeting number (mtg#) listed under the group when prompted.</p> <p>.....</p> <p>You can also download the ZOOM App from the App Store or Google play.</p> <p><u>Join Groups via Computer:</u></p> <p>Please go to:</p> <p>www.zoom.com</p> <p>& click</p> <p>Join a Meeting</p> <p>You will enter the meeting number (mtg#)</p> <p><u>Listed under the groups.</u></p> <p>-----</p> <p>We value your feedback!</p> <p><u>Drop off a note in person or on our website.</u></p> <p>wellnesscentersouth.org under comments & suggestions</p> <p>Please share with us your good news, gratitude & accomplishments</p> <p><u>Drop off a note in person or on our website</u> under the good news, gratitude & accomplishments button</p>	<p>New Group Time/Info</p> <p>Wednesday Men's Group New Zoom# 890 21299504</p> <p>Friday Sports Talk 12:10 pm—1:00 pm Around The World 2:10 pm—3:00 pm</p> <hr/> <div></div> <p>WCS provides shuttle rides to the members who have transportation barriers.</p> <p>Please speak with Zakia Bashir to get information about WCS Transportation Service and California Yellow Cab Taxi rides.</p> <p>Call at: 949-528-6822</p> <p>Or Email zakia.bashir@clarvida.com</p> <p>H=Hybrid Group. The group takes place both in-person and is offered online at the same time.</p>

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