



# Wellness Center South

## March 2026

*\*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>9:10 am -10:10 am<br/><b>Morning Icebreaker</b></p> <p>10:10 am-11:00 am<br/><b>Emotions Anonymous-H</b><br/>Mtg# 246 275 812 344 8<br/>Passcode: jG23Si9T</p> <p>10:10 am-11:00 am<br/>NA</p> <p>11:10 am-12:00 pm<br/><b>Meditation</b></p> <p>12:10 pm-1:00 pm<br/><b>Holistic Wellness</b></p> <p>1:10 pm-2:00 pm<br/><b>Positive Thinking - H</b><br/>Mtg# 270 261 584 207 1<br/>Passcode: Pb7mY2qL</p> <p>1:10 pm-2:00 pm <span style="background-color: red; color: white; padding: 2px;">NEW</span><br/><b>First Steps to Work</b></p> <p>2:10 pm-3:00 pm<br/><b>Coping Skills - H</b><br/>Mtg# 296 347 657 179 0<br/>Passcode: oB7ds7H7</p> <p>2:10 pm-3:00 pm<br/><b>BINGO!</b></p> <p>3:10 pm-4:00 pm<br/><b>Depression Bipolar Support Alliance</b></p> <p>4:10 pm-4:50 pm<br/><b>Time of Gratitude</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p>10:10 am – 11:00 am <span style="background-color: red; color: white; padding: 2px;">NEW</span><br/><b>Job Search Basics</b></p> <p>10:10 am – 11:00 am<br/><b>Stress Management for Personal Growth</b></p> <div style="border: 2px solid black; border-radius: 15px; background-color: #2e8b57; color: white; padding: 10px; text-align: center;"> <p>11:00 am - 3:00 pm<br/>Movies @<br/>Regal Theater<br/>Irvine</p> </div> <p>11:10 am-12:00 pm<br/><b>A.A.</b></p> <p>12:10 pm -1:00 pm<br/><b>Expressive Watercolors</b></p> <p>1:10 pm-2:00 pm<br/><b>Fun &amp; Games - H</b><br/>Mtg# 294 820 777 611 9<br/>Passcode: 84pK9aC7</p> <p>2:10 pm-3:00 pm<br/><b>Global Knowledge</b></p> <p>2:10 pm-3:00 pm<br/><b>Aging Gracefully</b></p> <p>3:10 pm – 4:00 pm<br/><b>Anger Management - H</b><br/>Mtg# 245 679 021 094 0<br/>Passcode: Js2Kq6zY</p> <p>4:10 pm-4:50 pm<br/><b>Time of Gratitude</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p>10:10 am –11:00 am<br/><b>Basic Spanish</b></p> <p>11:10 am –12:00 pm<br/><b>Community Meeting –H</b><br/>Mtg# 240 387 599 619 9<br/>Passcode: S8a4eV3f</p> <div style="border: 2px solid black; border-radius: 15px; background-color: #2e8b57; color: white; padding: 10px; text-align: center;"> <p>12:00 pm-1:00 pm<br/>Walk to Lunch<br/>Taqueria de Anda</p> </div> <p>1:10 pm - 2:00 pm<br/><b>Men's Group - H</b><br/>Mtg# 278 455 853 233 8<br/>Passcode: jL2Xv7g3</p> <p>1:10 pm - 2:00 pm<br/><b>Women's Group - H</b><br/>Mtg# 232 224 734 093 8<br/>Passcode: Uv7GQ2TW</p> <p>2:10 pm-3:00 pm <span style="background-color: red; color: white; padding: 2px;">NEW</span><br/><b>Mock Interview Skills</b></p> <p>3:10 pm – 4:00 pm<br/><b>Card Playing Games</b></p> <p>3:10 pm - 4:00 pm<br/><b>Karaoke</b></p> <p>4:10 pm - 5:20 pm<br/><b>Music Jam</b></p> <p>5:30 pm - 6:45 pm<br/><b>NAMI Connections</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p>10:10 am - 12:00 pm<br/><b>Cooking</b></p> <div style="border: 2px solid black; border-radius: 15px; background-color: #2e8b57; color: white; padding: 10px; text-align: center;"> <p>10:00 am -11:30 am<br/>Disc Golf</p> </div> <p>11:10 am-12:00 pm<br/><b>Depression Bipolar Support Alliance - H</b><br/>Mtg# 244 296 613 337 0<br/>Passcode: WQ7kb9Pj</p> <p>12:10 pm –1:00 pm<br/><b>Art Journaling</b></p> <p>1:10 pm-2:00 pm<br/><b>Members Choice</b></p> <p>1:10 pm-2:00 pm<br/><b>Bingo!</b></p> <p>2:10 pm-3:00 pm <span style="background-color: red; color: white; padding: 2px;">NEW</span><br/><b>Work Goal Achievement</b></p> <p>2:10 pm-3:00 pm<br/><b>Grief Support</b></p> <p>3:10 pm-4:00 pm<br/><b>Schizophrenia Alliance</b></p> <p>4:10 pm-4:50 pm<br/><b>Time of Gratitude</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <div style="border: 2px solid black; border-radius: 15px; background-color: #2e8b57; color: white; padding: 10px; text-align: center;"> <p>9:45 am -11:00 am<br/>Garden &amp; Explore</p> </div> <p>10:10 am – 11:00 am <span style="background-color: red; color: white; padding: 2px;">NEW</span><br/><b>Work Stress Management</b></p> <p>10:10 am-11:00 am<br/><b>Emotional Resilience</b></p> <p>11:10 am-12:00 pm<br/><b>Boundaries/ Co-Dependency - H</b><br/>Mtg# 264 038 552 915 3<br/>Passcode: pM7y7KB6</p> <p>12:10 pm-1:00 pm<br/><b>Decompress with Yoga</b></p> <p>1:00 pm-2:00 pm<br/><b>Learn Guitar</b></p> <p>1:10 pm-2:00 pm<br/><b>Chat with M.A.B. – H</b><br/>Mtg# 274 484 097 608 3<br/>Passcode: X8Hj7wS7</p> <p>2:10 pm-3:00 pm<br/><b>Dual Diagnosis - H</b><br/>Mtg# 295 665 897 230<br/>Passcode: MP3pT2Ke</p> <p>2:10 pm - 3:00 pm<br/><b>Sports Talk - H</b><br/>Mtg# 247 816 688 860 70<br/>Passcode: Nb9tC2g5</p> <p>3:10 pm-4:30 pm<br/><b>Music Jam</b></p> <p>4:10 pm-4:50 pm<br/><b>Time of Gratitude</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p>10:10 am-11:00 am<br/><b>Depression Bipolar Support Alliance - H</b><br/>Mtg# 244 296 613 337 0<br/>Passcode: WQ7kb9Pj</p> <p>11:10 am -12:00 pm<br/><b>Schizophrenia Alliance - H</b><br/>Mtg# 273 366 915 706 6<br/>Passcode: ZS7Zi7oK</p> <p>12:10 pm - 1:00 pm<br/><b>Creative Hour</b></p> <p>1:10 pm -2:00 pm<br/><b>Life In Process</b></p> <p>2:10 pm-3:00 pm <span style="background-color: red; color: white; padding: 2px;">NEW</span><br/><b>Professional &amp; Personal Growth</b></p> <p>2:10 pm –3:00 pm<br/><b>Anxiety Management</b></p> <p>3:10 pm-4:30 pm<br/><b>Karaoke</b></p> <div style="border: 2px solid black; border-radius: 15px; background-color: #2e8b57; color: white; padding: 10px; text-align: center;"> <p>3:10 pm - 4:30 pm<br/>Park Adventures</p> </div> <p>4:10 pm-4:50 pm<br/><b>Time of Gratitude</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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padding: 5px; text-align: center;"> <p><u>11:00 am - 1:00 pm</u><br/><b>Gold Coast Farms</b></p> </div> <p><u>11:10 am-12:00 pm</u><br/>A.A.</p> <p><u>12:10 pm -1:00 pm</u><br/><b>Expressive Watercolors</b></p> <p><u>1:10 pm-2:00 pm</u><br/><b>Fun &amp; Games - H</b><br/>Mtg# 294 820 777 611 9<br/>Passcode: 84pK9aC7</p> <p><u>2:10 pm-3:00 pm</u><br/><b>Aging Gracefully</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>Global Knowledge</b></p> <p><u>3:10 pm-4:00pm</u><br/><b>Chair Yoga</b></p> <p><u>3:10 pm - 4:00 pm</u><br/><b>Anger Management - H</b><br/>Mtg# 245 679 021 094 0<br/>Passcode: Js2Kq6zY</p> <p><u>4:10 pm-4:50 pm</u><br/><b>Time of Gratitude</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p><u>10:10 am -11:00 am</u><br/><b>Basic Spanish</b></p> <p><u>11:10 am -12:00 pm</u><br/><b>Community Meeting -H</b><br/>Mtg# 240 387 599 619 9<br/>Passcode: S8a4eV3f</p> <p><u>12:10 pm -2:00 pm</u><br/><b>Member's Choice</b></p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><u>1:00 pm-3:00 pm</u><br/><b>Bowling</b><br/>@Saddleback Lanes</p> </div> <p><u>1:10 pm - 2:00 pm</u><br/><b>Men's Group - H</b><br/>Mtg# 278 455 853 233 8<br/>Passcode: jL2Xv7g3</p> <p><u>1:10 pm - 2:00 pm</u><br/><b>Women's Group - H</b><br/>Mtg# 232 224 734 093 8<br/>Passcode: Uv7GQ2TW</p> <p><u>2:10 pm-3:00 pm</u> <b>NEW</b><br/><b>Mock Interview Skills</b></p> <p><u>3:10 pm - 4:00 pm</u><br/><b>Card Playing Games</b></p> <p><u>3:10 pm - 4:00 pm</u><br/><b>Karaoke</b></p> <p><u>4:10 pm - 5:20 pm</u><br/><b>Music Jam</b></p> <p><u>5:30 pm - 6:45 pm</u><br/><b>NAMI Connections</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p><u>10:10 am - 12:00 pm</u><br/><b>Cooking</b></p> <p><u>11:10 am-12:00 pm</u><br/><b>Depression Bipolar Support Alliance - H</b><br/>Mtg# 244 296 613 337 0<br/>Passcode: WQ7kb9Pj</p> <p><u>12:10 pm -1:00 pm</u><br/><b>Art Journaling</b></p> <p><u>1:10 pm-2:00 pm</u><br/><b>Members Choice</b></p> <p><u>1:00 pm-2:00 pm</u><br/><b>Benefits Workshop with Dung Le OC HCA</b></p> <p><u>1:10 pm-2:00 pm</u><br/><b>Bingo!</b></p> <p><u>2:10 pm-3:00 pm</u> <b>NEW</b><br/><b>Work Goal Achievement</b></p> <p><u>2:10 pm-3:00 pm</u><br/><b>Grief Support</b></p> <p><u>3:10 pm-4:00 pm</u><br/><b>Schizophrenia Alliance</b></p> <p><u>4:10 pm-4:50 pm</u><br/><b>Time of Gratitude</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <div style="border: 2px solid black; 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Personal Growth</b></p> <p><u>2:10 pm -3:00 pm</u><br/><b>Anxiety Management</b></p> <p><u>3:10 pm-4:30 pm</u><br/><b>Karaoke</b></p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><u>3:10 pm - 4:30 pm</u><br/><b>Park Adventures</b></p> </div> <p><u>4:10 pm-4:50 pm</u><br/><b>Time of Gratitude</b></p> |



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| <u>1:10 pm-2:00 pm</u><br><b>Positive Thinking - H</b><br>Mtg# 270 261 584 207 1<br>Passcode: Pb7mY2qL  | <u>12:10 pm -1:00 pm</u><br><b>Expressive Watercolor</b>  | <u>1:10 pm - 2:00 pm</u><br><b>Women's Group - H</b><br>Mtg# 232 224 734 093 8<br>Passcode: Uv7GQ2TW     | <u>1:10 pm-2:00 pm</u><br><b>Members Choice</b>  | <u>2:10 pm-3:00 pm</u><br><b>Dual Diagnosis - H</b><br>Mtg# 295 665 897 230<br>Passcode: MP3pT2Ke                    | <u>2:10 pm-3:00 pm</u><br><b>Professional &amp; Personal<br/>Growth</b>  |
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| <u>2:10 pm-3:00 pm</u><br><b>Coping Skills - H</b><br>Mtg# 296 347 657 179 0<br>Passcode: oB7ds7H7      | <u>2:10 pm-3:00 pm</u><br><b>Global Knowledge</b>   | <u>3:10 pm - 4:00 pm</u><br><b>Card Playing Games</b>  | <u>2:10 pm-3:00 pm</u><br><b>Work Goal Achievement</b>   | <u>3:10 pm-4:30 pm</u><br><b>Karaoke</b>   |  |
| <u>2:10 pm-3:00 pm</u><br><b>BINGO!</b>   | <u>2:10 pm-3:00 pm</u><br><b>Aging Gracefully</b>   | <u>3:10 pm - 4:00 pm</u><br><b>Karaoke</b>   | <u>2:10 pm-3:00 pm</u><br><b>Grief Support</b>   | <u>4:10 pm-4:50 pm</u><br><b>Time of Gratitude</b>   |  |
| <u>3:10 pm-4:00 pm</u><br><b>Depression Bipolar<br/>Support Alliance</b>                                | <u>3:10 pm - 4:00 pm</u><br><b>Anger Management - H</b><br>Mtg# 245 679 021 094 0<br>Passcode: Js2Kq6zY | <u>4:10 pm - 5:20 pm</u><br><b>Music Jam</b>   | <u>3:10 pm-4:00 pm</u><br><b>Schizophrenia Alliance</b>  | <u>3:10 pm-4:30 pm</u><br><b>Music Jam</b>   |  |
| <u>4:10 pm-4:50 pm</u><br><b>Time of Gratitude</b>  | <u>4:10 pm-4:50 pm</u><br><b>Time of Gratitude</b>  | <u>5:30 pm - 6:45 pm</u><br><b>NAMI Connections</b>  | <u>4:10 pm-4:50 pm</u><br><b>Time of Gratitude</b>   | <u>4:10 pm-4:50 pm</u><br><b>Time of Gratitude</b>   | <u>4:10 pm-4:50 pm</u><br><b>Time of Gratitude</b>   |



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| 23 Monday  | 24 Tuesday   | 25 Wednesday   | 26 Thursday  | 27 Friday   | 28 Saturday   |
|--|--|--|--|---|---|
| <p>9:10 am -10:10 am<br/><b>Morning Icebreaker</b></p> <p><b>10:10 am-11:00 am</b><br/><b>Emotions Anonymous-H</b><br/><b>Mtg# 246 275 812 344 8</b><br/><b>Passcode: jG23Si9T</b></p> <p>10:10 am-11:00 am<br/>NA</p> <p>11:10 am-12:00 pm<br/><b>Meditation</b></p> <p>12:10 pm-1:00 pm<br/><b>Members Choice</b></p> <p><b>1:10 pm-2:00 pm</b><br/><b>Positive Thinking - H</b><br/><b>Mtg# 270 261 584 207 1</b><br/><b>Passcode: Pb7mY2qL</b></p> <p>1:10 pm-2:00 pm <b>NEW</b><br/><b>First Steps to Work</b></p> <p><b>2:10 pm-3:00 pm</b><br/><b>Coping Skills - H</b><br/><b>Mtg# 296 347 657 179 0</b><br/><b>Passcode: oB7ds7H7</b></p> <p>2:10 pm-3:00 pm<br/><b>BINGO!</b></p> <p>3:10 pm-4:00 pm<br/><b>Depression Bipolar</b><br/><b>Support Alliance</b></p> <p>4:10 pm-4:50 pm<br/><b>Time of Gratitude</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p>10:10 am - 11:00 am <b>NEW</b><br/><b>Job Search Basics</b></p> <p>10:10 am - 11:00 am<br/><b>Stress Management for</b><br/><b>Personal Growth</b></p> <p><b>11:00 am - 1:00 pm</b><br/><b>El Toro Library</b></p> <p>11:10 am-12:00 pm<br/>A.A.</p> <p>12:10 pm -1:00 pm<br/><b>Expressive</b><br/><b>Watercolors</b></p> <p><b>1:10 pm-2:00 pm</b><br/><b>Fun &amp; Games - H</b><br/><b>Mtg# 294 820 777 611 9</b><br/><b>Passcode: 84pK9aC7</b></p> <p><b>2:45 pm 4:30pm</b><br/><b>SCO -Food Distribution</b></p> <p>2:10 pm-3:00 pm<br/><b>Ageing Gracefully</b></p> <p>2:10 pm-3:00 pm<br/><b>Global Knowledge</b></p> <p><b>3:10 pm - 4:00 pm</b><br/><b>Anger Management - H</b><br/><b>Mtg# 245 679 021 094 0</b><br/><b>Passcode: Js2Kq6zY</b></p> <p>4:10 pm-4:50 pm<br/><b>Time of Gratitude</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p>10:10 am -11:00 am<br/><b>Basic Spanish</b></p> <p><b>11:10 am -12:00 pm</b><br/><b>Community Meeting -H</b><br/><b>Mtg# 240 387 599 619 9</b><br/><b>Passcode: S8a4eV3f</b></p> <p>12:10 pm -2:00 pm<br/><b>Member's Choice</b></p> <p><b>1:00 pm-3:00 pm</b><br/><b>Bowling</b><br/><b>@Saddleback Lanes</b></p> <p><b>1:10 pm - 2:00 pm</b><br/><b>Men's Group - H</b><br/><b>Mtg# 278 455 853 233 8</b><br/><b>Passcode: jL2Xv7g3</b></p> <p><b>1:10 pm - 2:00 pm</b><br/><b>Women's Group - H</b><br/><b>Mtg# 232 224 734 093 8</b><br/><b>Passcode: Uv7GQ2TW</b></p> <p>2:10 pm-3:00 pm <b>NEW</b><br/><b>Mock Interview Skills</b></p> <p>3:10 pm - 4:00 pm<br/><b>Card Playing Games</b></p> <p>3:10 pm - 4:00 pm<br/><b>Karaoke</b></p> <p>4:10 pm - 5:20 pm<br/><b>Music Jam</b></p> <p>5:30 pm - 6:45 pm<br/><b>NAMI Connections</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p>10:10 am - 12:00 pm<br/><b>Cooking</b></p> <p><b>10:00 am -11:30 am</b><br/><b>Disc Golf</b></p> <p><b>11:10 am-12:00 pm</b><br/><b>Depression Bipolar</b><br/><b>Support Alliance - H</b><br/><b>Mtg# 244 296 613 337 0</b><br/><b>Passcode: WQ7kb9Pj</b></p> <p>12:10 pm -1:00 pm<br/><b>Art Journaling</b></p> <p>1:10 pm-2:00 pm<br/><b>Members Choice</b></p> <p>1:10 pm-2:00 pm<br/><b>Bingo!</b></p> <p>2:10 pm-3:00 pm <b>NEW</b><br/><b>Work Goal Achievement</b></p> <p>2:10 pm-3:00 pm<br/><b>Grief Support</b></p> <p>3:10 pm-4:00 pm<br/><b>Schizophrenia Alliance</b></p> <p>4:10 pm-4:50 pm<br/><b>Time of Gratitude</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p>10:10 am - 11:00 am <b>NEW</b><br/><b>Work Stress Management</b></p> <p>10:10 am-11:00 am<br/><b>Emotional Resilience</b></p> <p><b>11:10 am-12:00 pm</b><br/><b>Boundaries/</b><br/><b>Co-Dependency - H</b><br/><b>Mtg# 264 038 552 915 3</b><br/><b>Passcode: pM7y7KB6</b></p> <p>12:00pm-1:00 pm<br/><b>Decompress with Yoga</b></p> <p>1:00 pm-2:00 pm<br/><b>Learn Guitar</b></p> <p><b>1:10 pm-2:00 pm</b><br/><b>Healthy Relationships - H</b><br/><b>Mtg# 294 256 199 343</b><br/><b>Passcode: so9cw3NH</b></p> <p><b>2:10 pm-3:00 pm</b><br/><b>Dual Diagnosis - H</b><br/><b>Mtg# 295 665 897 230</b><br/><b>Passcode: MP3pT2Ke</b></p> <p><b>2:10 pm - 3:00 pm</b><br/><b>Sports Talk - H</b><br/><b>Mtg# 247 816 688 860 70</b><br/><b>Passcode: Nb9tC2g5</b></p> <p>3:10 pm-4:30 pm<br/><b>Music Jam</b></p> <p>4:10 pm-4:50 pm<br/><b>Time of Gratitude</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p><b>10:10 am-11:00 am</b><br/><b>Depression Bipolar</b><br/><b>Support Alliance - H</b><br/><b>Mtg# 244 296 613 337 0</b><br/><b>Passcode: WQ7kb9Pj</b></p> <p><b>11:10 am -12:00 pm</b><br/><b>Schizophrenia</b><br/><b>Alliance - H</b><br/><b>Mtg# 273 366 915 706 6</b><br/><b>Passcode: ZS7Zi7oK</b></p> <p>12:10 pm - 1:00 pm<br/><b>Creative Hour</b></p> <p>1:10 pm -2:00 pm<br/><b>Life In Process</b></p> <p>2:10 pm-3:00 pm <b>NEW</b><br/><b>Professional &amp; Personal</b><br/><b>Growth</b></p> <p>2:10 pm -3:00 pm<br/><b>Anxiety Management</b></p> <p>3:10 pm-4:30 pm<br/><b>Karaoke</b></p> <p><b>3:10 pm - 4:30 pm</b><br/><b>Park Adventures</b></p> <p>4:10 pm-4:50 pm<br/><b>Time of Gratitude</b></p> |



# Wellness Center South

## March 2026

*\*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**

| 30 Monday  | 31 Tuesday   |   |  |  |   |
|--|--|---|--|--|---|
| <p>9:10 am -10:10 am<br/><b>Morning Icebreaker</b></p> <p>10:10 am-11:00 am<br/><b>Emotions Anonymous-H</b><br/>Mtg# 246 275 812 344 8<br/>Passcode: jG23Si9T</p> <p>10:10 am-11:00 am<br/>NA</p> <p>11:10 am-12:00 pm<br/><b>Meditation</b></p> <p>12:10 pm-1:00 pm<br/><b>Members Choice</b></p> <p>1:10 pm-2:00 pm<br/><b>Positive Thinking - H</b><br/>Mtg# 270 261 584 207 1<br/>Passcode: Pb7mY2qL</p> <p>1:10 pm-2:00 pm <b>NEW</b><br/>First Steps to Work</p> <p>2:10 pm-3:00 pm<br/><b>Coping Skills - H</b><br/>Mtg# 296 347 657 179 0<br/>Passcode: oB7ds7H7</p> <p>2:10 pm-3:00 pm<br/><b>BINGO!</b></p> <p>3:10 pm-4:00 pm<br/><b>Depression Bipolar</b><br/><b>Support Alliance</b></p> <p>4:10 pm-4:50 pm<br/><b>Time of Gratitude</b></p> | <p>9:10 am - 10:00 am<br/><b>Morning Icebreaker</b></p> <p>10:10 am - 11:00 am <b>NEW</b><br/><b>Job Search Basics</b></p> <p>10:10 am - 11:00 am<br/><b>Stress Management for</b><br/><b>Personal Growth</b></p> <div data-bbox="352 592 667 738" style="border: 2px solid black; padding: 5px; text-align: center;"> <p>11:00 am - 1:00 pm<br/>Social Outing:<br/>Moulton Museum</p> </div> <p>11:10 am-12:00 pm<br/>A.A.</p> <p>12:10 pm -1:00 pm<br/><b>Expressive Watercolors</b></p> <p>11:10 pm-2:00 pm<br/><b>Fun &amp; Games - H</b><br/>Mtg# 294 820 777 611 9<br/>Passcode: 84pK9aC7</p> <p>2:10 pm-3:00 pm<br/><b>Aging Gracefully</b></p> <p>2:10 pm-3:00 pm<br/><b>Global Knowledge</b></p> <p>3:10 pm - 4:00 pm<br/><b>Anger Management - H</b><br/>Mtg# 245 679 021 094 0<br/>Passcode: Js2Kq6zY</p> <p>3:10 pm-4:00pm<br/><b>Chair Yoga</b></p> <p>4:10 pm-4:50 pm<br/><b>Time of Gratitude</b></p> | <p><b><u>NEW Groups offered</u></b><br/><b><u>in the month of March:</u></b></p> <p><b>Mondays:</b><br/><b>First Steps to Work</b><br/><b>at 1:10 P.M.</b></p> <p><b>Tuesdays:</b><br/><b>Job Search Basics</b><br/><b>At 10:10 A.M.</b></p> <p><b>Wednesdays:</b><br/><b>Mock Interview Skills</b><br/><b>At 2:10 P.M.</b></p> <p><b>Thursdays:</b><br/><b>Work Goal</b><br/><b>Achievement</b><br/><b>At 2:10 P.M.</b></p> <p><b>Fridays:</b><br/><b>Work Stress</b><br/><b>Management</b><br/><b>At 10:10 A.M.</b></p> <p><b>Saturdays:</b><br/><b>Professional &amp;</b><br/><b>Personal Growth</b><br/><b>At 2:10 P.M.</b></p> | <p><b>Wellness Center South</b></p> <p>provides rides to the members who have transportation barriers.</p> <p>Please speak with <b>Zakia Bashir or Jason Cordova</b> to get information about <b>WCS Transportation Services.</b></p> <p><b>Call at: 949-528-6822</b><br/><b>Or Email</b><br/><a href="mailto:zakia.bashir@clarvida.com">zakia.bashir@clarvida.com</a></p>  | <p><b>We value your feedback!</b></p> <p><b>Drop off a note in person</b> or on our website.<br/><a href="https://wellnesscentersouth.org">wellnesscentersouth.org</a> under comments &amp; suggestions.</p> <p>Please share with us your good news, gratitude &amp; accomplishments</p> <p><b>Drop off a note in person or on our website</b> under the good news, gratitude &amp; accomplishments button .</p> | <p><b>We are using TEAMS</b> for our hybrid groups.</p> <p>To use Microsoft Teams through a browser navigate to <a href="https://teams.microsoft.com">https://teams.microsoft.com</a> in Edge or Chrome, &amp; enter the meeting ID number and password.</p> <p>Or download the Teams app from the App Store on your smartphone.</p> <p>Meeting IDs and passwords are our monthly calendar.</p> <p>Call our main number (949) 528-6822 if you need help.</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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