

Wellness Center South Suggestion Box Comments & Responses – April 2026

At Wellness Center South we value your feedback! Below you will find responses to your comments and suggestions from the MAB and staff. We have tried our best to comment on each suggestion/comment to meet your needs. Please let staff or a MAB member know if your question/comment has not been answered and/or addressed. Thank you!

Comments & Suggestions:

Comment #1: Someone broke the Connect 4 game and put it in the box like nothing happened. Not me! Can we please make room in the budget to replace it? Please and thank you!

Response #1: Thank you for reporting that our Connect 4 game is damaged. We are glad to hear that you are interested in having this game available for opportunities to socialize. Yes, we will be replacing our Connect 4 game! Our MAB sees this as a great use of our funding and is in our budget for program supplies.

Comment #2 Start a Book Club to Read “The Body Keeps the Score”. I’ve run a Bookshop previously, so would love to brainstorm what format is best.

Response #2: Thank you for this suggestion! At one time we had a book club that met every Saturday. We would love to bring this group back to WCS. We will be reaching out to you to brainstorm and develop a lesson plan with you to Co-Facilitate this group with one our Peer Support Specialists. We agree that reading can be a great coping skill as well as a great way to support our recovery.

Comment #3: Marijuana Anonymous. If we could bring it back? For me Tuesdays are best.

Response #3: Great suggestion! This can be a very helpful group to support anyone that is working towards reducing or eliminating the use of cannabis. We are grateful that you are expressing interest in quitting at this time. We will be working with our new Peer Lead to bring this group back to the WCS calendar.

Comment #4: An ADHD group. CHADD no longer has an OC Chapter. There is a huge need that no one has filled, so I think there would be a lot of people who would want to attend.

Response #4: Thank you for teaching us about the online resources and support that CHADD offers online. We see that the only California chapter of CHADD is in Palos Verdes. We appreciate the interest in collaborating to offer a support group for those that live with ADHD. We have learned that Mindfulness style groups at WCS have helped support those of us with ADHD by using meditation, incorporate deep breathing exercises and focusing on our surroundings. This can all be supported through the existing groups on our calendar including our group Coping Skills, which is offered on Mondays at 1:10 P.M.

Comment #5: Go to Irvine Zoo.

Response #5: Great suggestion! We have taken members to the Irvine Zoo for social outings in the past. It is a great way to participate in a community integration style activity as well as have fun learning about animals. We will add this to an upcoming scheduled outing. Thank you!

Comment #6: Black Lives Matter! 😊

Response #6: We hear you and we 100% agree! Thank you for your comment. We were glad to have a conversation with you about inclusivity, and we love hearing your ideas to develop a group together that can showcase our cultures and heritage. We look forward to you working with WCS staff to develop a lesson plan to see this group offered at WCS in the future.

Comment #7: To have official process groups once a day.

Response #7: Thank you for your suggestion. Official process groups can be accessed at licensed clinics that are authorized to deliver those groups. At Wellness Center South we offer Peer Support, our support groups are facilitated by Medi-Cal Certified Peer Support Specialist that have lived experience with their own recovery journey. If you are looking for processing groups, we'd like to share the resource ocnavigator.org and the phone number (855) OC-LINKS. This resource can help you access processing groups or therapy style service delivery.

Comment #8: Having more of the NAMI Connections group, more days a week.

Response #8: We love NAMI Connections too. Right now, we have NAMI connections on Wednesdays at 5:30 P.M. At one time we had an additional NAMI Connections group on Fridays. We will reach out to our OC NAMI Chapter to bring an additional day back on our calendar. Thank you for the suggestion! NAMI is a wonderful community partner to access resources and education from.

Comment #9: I am a content creator. My suggestion is for me to get hired to create social media ads for the wellness center.

Response #9: We appreciate your suggestion. At this time, we do not create any social media content or have any social media accounts. We love hearing you speak so passionately about the content that you create on social media. Should we ever decide to create social media content we will consult with you. However, WCS does not have any funds in the budget for advertising or paying for any social media ads. We look forward to hearing about all of your success using social media in the future.

Please contact Program Director, Raul Fernandez directly if you have any question or any other concerns at (949)528-6822 or Raul.Fernandez@clarvida.com