



Wellness Center South

July 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

		1 Wednesday	2 Thursday	3 Friday	4 Saturday
<p>Wellness Center South provides rides to the members who have transportation barriers.</p> <p>Please speak with Zakia Bashir or Jason Cordova to get information about WCS Transportation Services.</p> <p>Call at: 949-528-6822 Or Email zakia.bashir@clarvida.com</p>	<p>We are using TEAMS for our hybrid groups.</p> <p>To use Microsoft Teams through a browser navigate to https://teams.microsoft.com in Edge or Chrome, & 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 on our monthly calendar and our website.</p> <p>Call our main number (949) 528-6822 if you need help.</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p>10:10am - 11:00am Art Social</p> <p>11:10 am - 12:00 pm Community Meeting -H Mtg# 240 387 599 619 9 Passcode: S8a4eV3f</p> <div data-bbox="682 609 1018 771" style="border: 2px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>12:00 pm - 1:00 pm Walk to Lunch Taqueria de Anda</p> </div> <p>1:10 pm - 2:00 pm Basic Spanish</p> <p>1:10 pm - 2:00 pm Men's Group - H Mtg# 278 455 853 233 8 Passcode: jL2Xv7g3</p> <p>1:10 pm - 2:00 pm Women's Group - H Mtg# 232 224 734 093 8 Passcode: Uv7GQ2TW</p> <p>2:10 pm - 3:00 pm Card Playing Games</p> <p>2:10 pm - 3:00 pm WRAP</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> <div data-bbox="1029 373 1365 511" style="border: 2px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>10:00 am - 12:00 pm Disc Golf</p> </div> <p>10:10 am - 12:00 pm Cooking</p> <p>11:10 am - 12:00 pm Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj</p> <p>12:10 pm - 1:00 pm Work Goal Achievement</p> <p>1:10 pm - 2:00 pm Art Journal</p> <p>1:00 pm - 2:00 pm SSI Work Incentive Rules & Employment Workshop with Dung Le OC HCA</p> <p>1:10 pm - 2:00 pm Bingo!</p> <p>2:10 pm - 3:00 pm Grief Support</p> <p>2:10 pm - 3:00 pm Job Search Basics</p> <p>3:10 pm - 4:00 pm Schizophrenia Alliance</p> <p>4:10 pm - 4:50 pm Time of Gratitude</p>	<p style="text-align: center;">Wellness Center South</p> <p style="text-align: center; font-size: 2em; color: red; font-weight: bold;">WILL BE CLOSED</p> <p style="text-align: center; font-size: 1.5em; font-weight: bold;">FRIDAY, JULY 3</p> <p style="text-align: center;">In observance of the 4th of July</p> <div data-bbox="1407 925 1701 1258" style="text-align: center;"> </div>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p>10:10 am - 11:00 am Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj</p> <div data-bbox="1732 552 2079 657" style="border: 2px solid black; border-radius: 15px; padding: 5px; text-align: center;"> <p>10:00 am - 11:30 am Park Adventures</p> </div> <p>11:10 am - 12:00 pm Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK</p> <p>12:10 pm - 1:00 pm Professional & Personal Growth</p> <p>12:10 pm - 1:00 pm Art Social</p> <p>1:10 pm - 2:00 pm Life In Process</p> <p>2:10 pm - 3:00 pm Anxiety Management</p> <p>3:10 pm - 4:00 pm LGBTQ+ Support</p> <p>3:10 pm - 4:30 pm Karaoke</p> <p>4:10 pm - 4:50 pm Time of Gratitude</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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Wednesday 9:00 am-7:00 pm

27 Monday	28 Tuesday	29 Wednesday	30 Thursday	31 Friday	
<p>9:10 am - 10:00 am Morning Icebreaker</p> <p><u>10:10 am-11:00 am</u> Emotions Anonymous-H Mtg# 246 275 812 344 8 Passcode: jG23Si9T</p> <p>11:10 am-12:00 pm WRAP</p> <p>11:10 am-12:00 pm Bingo!</p> <p>11:10 am-12:00 pm Meditation</p> <p>12:00 pm- 1:00pm Happy Feet</p> <p>1:10 pm-2:00 pm First Steps to Work</p> <p><u>1:10 pm-2:00 pm</u> Coping Skills - H Mtg# 296 347 657 179 0 Passcode: oB7ds7H7</p> <p>2:10 pm-3:00 pm N.A.</p> <p>3:10 pm-4:00 pm Depression Bipolar Support Alliance</p> <p>4:10 pm-4:50 pm Time of Gratitude</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p>10:10 am - 11:00 am Stress Management for Personal Growth</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><u>10:00 am-12:00 pm</u> Heritage Community Park, Irvine</p> </div> <p>11:10 am-12:00 pm A.A.</p> <p>11:10am-12:00pm Job Search Basics</p> <p>12:00 pm- 1:00pm Art Social</p> <p>1:10pm-2:00 pm Decompress with Yoga</p> <p><u>1:10 pm-2:00 pm</u> Fun & Games - H Mtg# 294 820 777 611 9 Passcode: 84pK9aC7</p> <p>2:10 pm-3:00 pm Aging Gracefully</p> <p>2:10 pm-3:00 pm Global Knowledge</p> <p><u>3:10 pm - 4:00 pm</u> Anger Management - H Mtg# 245 679 021 094 0 Passcode: Js2Kq6zY</p> <p><u>4:10 pm-4:50 pm</u> Time of Gratitude</p>	<p>9:10 am - 10:00 am Morning Icebreaker</p> <p>10:10 am -11:00 am Art Social</p> <p><u>11:10 am-12:00 pm</u> Community Meeting -H Mtg# 240 387 599 619 9 Passcode: S8a4eV3f</p> <p>12:10 pm -1:00 pm Mock Interview Skills</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p> <u>1:00 pm-3:00 pm</u> Bowling @Saddleback Lanes</p> </div> <p>1:10 pm-2:00 pm Basic Spanish</p> <p><u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 278 455 853 233 8 Passcode: jL2Xv7g3</p> <p><u>1:10 pm - 2:00 pm</u> Women's Group - H Mtg# 232 224 734 093 8 Passcode: Uv7GQ2TW</p> <p>2:10 pm - 3:00 pm Card Playing Games</p> <p>2:10 pm - 3:00 pm WRAP</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> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><u>10:00 am - 12:00 pm</u> Disc Golf</p> </div> <p><u>11:10 am-12:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj</p> <p>12:10 pm -1:00 pm Work Goal Achievement</p> <p>1:10 pm-2:00 pm Art Journal</p> <p>1:10 pm-2:00 pm Bingo!</p> <p>2:10 pm-3:00 pm Grief Support</p> <p>2:10 pm -3:00 pm Job Search Basics</p> <p>3:10 pm-4:00 pm Schizophrenia Alliance</p> <p>4:10 pm-4:50 pm Time of Gratitude</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> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><u>9:45 am -11:00 am</u> Garden & Explore</p> </div> <p>10:10 am - 11:00 am Work Stress Management</p> <p><u>11:10 am-12:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 264 038 552 915 3 Passcode: pM7y7KB6</p> <p>12:10 pm-1:00 pm Decompress with Yoga</p> <p>12:00 pm- 1:00pm Art Social</p> <p><u>1:10 pm - 2:00 pm</u> Healthy Relationships - H Mtg# 294 256 199 343 Passcode: so9cw3NH</p> <p><u>2:10 pm-3:00 pm</u> Dual Diagnosis - H Mtg# 295 665 897 230 Passcode: MP3pT2Ke</p> <p><u>2:10 pm - 3:00 pm</u> Sports Talk - H Mtg# 247 816 688 860 70 Passcode: Nb9tC2g5</p> <p>3:10 pm-4:30 pm Music Jam</p> <p>4:10 pm-4:50 pm Time of Gratitude</p>	<div style="border: 2px solid black; border-radius: 25px; padding: 20px;"> <p>Come and enjoy Ice Cream Social Event on July 23, 2026 @ Wellness Center South !</p>  </div> <p><i>Copyright Clarvida of California, 2025. All Rights Reserved.</i></p>