



# Wellness Center South

## June 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 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday	6 Saturday
9:10 am - 10:00 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker	9:10 am - 10:00 am Morning Icebreaker
10:10 am-11:00 am Emotions Anonymous-H Mtg# 246 275 812 344 8 Passcode: jG23Si9T	10:10 am - 11:00 am Stress Management for Personal Growth	10:10 am -11:00 am Basic Spanish	10:00 am - 12:00 pm Disc Golf	9:00am -2:00pm REI Annual Peer Workforce Event	10:10 am-11:00 am Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj
11:10 am-12:00 pm PTSD Support-WRAP	11:00 am - 3:00pm Movies @ Regal Theater Irvine Spectrum	11:10 am -12:00 pm Community Meeting -H Mtg# 240 387 599 619 9 Passcode: S8a4eV3f	10:10 am - 12:00 pm Cooking	10:10 am - 11:00 am Work Stress Management	10:00 am - 11:30 am Park Adventures
11:10 am-12:00 pm BINGO!	11:10 am-12:00 pm A.A.	12:00 pm - 1:00 pm Walk to Lunch Taqueria de Anda	11:10 am-12:00 pm Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj	11:10 am-12:00 pm Boundaries/ Co-Dependency - H Mtg# 264 038 552 915 3 Passcode: pM7y7KB6	11:10 am -12:00 pm Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK
11:10 am-12:00 pm Meditation	11:10am—12:00pm Mock Interview Skills	1:10 pm - 2:00 pm Men's Group - H Mtg# 278 455 853 233 8 Passcode: jL2Xv7g3	12:10 pm -1:00 pm Work Goal Achievement	12:10 pm-1:00 pm Art Social	12:10 pm - 1:00 pm Professional & Personal Growth
12:00 pm- 1:00pm Happy Feet	12:00 pm- 1:00pm Art Journal	1:10 pm - 2:00 pm Women's Group - H Mtg# 232 224 734 093 8 Passcode: Uv7GQ2TW	1:10 pm-2:00 pm Art Journal	1:10 pm-2:00 pm Chat With M.A.B. - H Mtg# 274 484097 6083 Passcode: X8Hj7wS7	12:10 pm-1:00 pm Art Social
1:10 pm-2:00 pm First Steps to Work	1:10 pm-2:00 pm Fun & Games - H Mtg# 294 820 777 611 9 Passcode: 84pK9aC7	2:10 pm - 3:00 pm Card Playing Games	1:00 pm—2:00 pm Reporting, Overpayment, & Housing Workshop with Dung Le OC HCA	1:10 pm-2:00 pm Healthy Relationships - H Mtg# 294 256 199 343 Passcode: so9cw3NH	1:10 pm -2:00 pm Life In Process
1:10 pm-2:00 pm Coping Skills - H Mtg# 296 347 657 179 0 Passcode: oB7ds7H7	1:10pm-2:00 pm Decompress with Yoga	2:10 pm - 3:00 pm PTSD Support-WRAP	1:10 pm-2:00 pm Bingo!	2:10 pm-3:00 pm Dual Diagnosis - H Mtg# 295 665 897 230 Passcode: MP3pT2Ke	2:10 pm -3:00 pm Anxiety Management
2:10 pm-3:00 pm N.A.	2:10 pm-3:00 pm Aging Gracefully	2:10 pm - 3:00 pm PTSD Support-WRAP	2:10 pm-3:00 pm Grief Support	2:10 pm - 3:00 pm Sports Talk - H Mtg# 247 816 688 860 70 Passcode: Nb9tC2g5	3:10 pm-4:00 pm LGBTQ+ Support
3:10 pm-4:00 pm Depression Bipolar Support Alliance	2:10 pm-3:00 pm Global Knowledge	3:10 pm - 4:00 pm Karaoke	2:10 pm -3:00 pm Job Search Basics	3:10 pm-4:30 pm Karaoke	3:10 pm-4:30 pm Karaoke
4:10 pm-4:50 pm Time of Gratitude	3:10 pm - 4:00 pm Anger Management - H Mtg# 245 679 021 094 0 Passcode: Js2Kq6zY	4:10 pm - 5:20 pm Music Jam	3:10 pm-4:00 pm Schizophrenia Alliance	4:10 pm-4:50 pm Time of Gratitude	4:10 pm-4:50 pm Time of Gratitude
	4:10 pm-4:50 pm Time of Gratitude	5:30 pm - 6:45 pm NAMI Connections	4:10 pm-4:50 pm Time of Gratitude	4:10 pm-4:50 pm Time of Gratitude	H=Hybrid Group. The group takes place both in-person and is offered online at the same time.



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8 Monday	9 Tuesday	10 Wednesday	11 Thursday	12 Friday	13 Saturday
<p><u>9:10 am -10:10 am</u> <b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u> <b>Emotions Anonymous-H</b> Mtg# 246 275 812 344 8 Passcode: jG23Si9T</p> <p><u>11:10 am-12:00 pm</u> <b>PTSD Support-WRAP</b></p> <p><u>11:10 am-12:00 pm</u> <b>BINGO!</b></p> <p><u>11:10 am-12:00 pm</u> <b>Meditation</b></p> <p><u>11:30 am—12:30 pm</u> <b>New Lung</b></p> <p><u>12:10 pm-1:00 pm</u> <b>Laughter Yoga</b></p> <p><u>12:10 pm-1:00 pm</u> <b>Happy Feet</b></p> <p><u>1:10 pm-2:00 pm</u> <b>First Steps to Work</b></p> <p><u>1:10 pm-2:00 pm</u> <b>Coping Skills - H</b> Mtg# 296 347 657 179 0 Passcode: oB7ds7H7</p> <p><u>2:10 pm-3:00 pm</u> <b>N.A.</b></p> <p><u>3:10 pm-4:00 pm</u> <b>Depression Bipolar</b> <b>Support Alliance</b></p> <p><u>4:10 pm-4:50 pm</u> <b>Time of Gratitude</b></p>	<p><u>9:10 am - 10:00 am</u> <b>Morning Icebreaker</b></p> <p><u>10:10 am – 11:00 am</u> <b>Stress Management for</b> <b>Personal Growth</b></p> <p><b>10:00 am - 11:30am</b> <b>El Toro Library</b></p> <p><u>11:10 am-12:00 pm</u> <b>A.A.</b></p> <p><u>11:10am—12:00pm</u> <b>Mock Interview Skills</b></p> <p><u>12:00 pm– 1:00pm</u> <b>Art Journal</b></p> <p><u>1:10 pm-2:00 pm</u> <b>Fun &amp; Games - H</b> Mtg# 294 820 777 611 9 Passcode: 84pK9aC7</p> <p><u>1:10pm-2:00 pm</u> <b>Decompress with Yoga</b></p> <p><u>2:10 pm-3:00 pm</u> <b>Aging Gracefully</b></p> <p><u>2:10 pm-3:00 pm</u> <b>Global Knowledge</b></p> <p><u>3:10 pm – 4:00 pm</u> <b>Anger Management - H</b> Mtg# 245 679 021 094 0 Passcode: Js2Kq6zY</p> <p><u>4:10 pm-4:50 pm</u> <b>Time of Gratitude</b></p>	<p><u>9:10 am - 10:00 am</u> <b>Morning Icebreaker</b></p> <p><u>10:10 am –11:00 am</u> <b>Basic Spanish</b></p> <p><u>11:10 am –12:00 pm</u> <b>Community Meeting –H</b> Mtg# 240 387 599 619 9 Passcode: S8a4eV3f</p> <p><u>12:10 pm –1:00 pm</u> <b>Mock Interview Skills</b></p> <p><b>1:00 pm-3:00 pm</b> <b>Bowling</b> <b>@Saddleback Lanes</b></p> <p><u>1:10 pm - 2:00 pm</u> <b>Men's Group - H</b> Mtg# 278 455 853 233 8 Passcode: jL2Xv7g3</p> <p><u>1:10 pm - 2:00 pm</u> <b>Women's Group - H</b> Mtg# 232 224 734 093 8 Passcode: Uv7GQ2TW</p> <p><u>2:10 pm – 3:00 pm</u> <b>Card Playing Games</b></p> <p><u>2:10 pm – 3:00 pm</u> <b>PTSD Support-WRAP</b></p> <p><u>3:10 pm - 4:00 pm</u> <b>Karaoke</b></p> <p><u>4:10 pm - 5:20 pm</u> <b>Music Jam</b></p> <p><u>5:30 pm - 6:45 pm</u> <b>NAMI Connections</b></p>	<p><u>9:10 am - 10:00 am</u> <b>Morning Icebreaker</b></p> <p><b>10:00 am -12:00 pm</b> <b>Disc Golf</b></p> <p><u>10:10 am - 12:00 pm</u> <b>Cooking</b></p> <p><u>11:10 am-12:00 pm</u> <b>Depression Bipolar</b> <b>Support Alliance - H</b> Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj</p> <p><u>12:10 pm –1:00 pm</u> <b>Work Goal Achievement</b></p> <p><u>1:10 pm-2:00 pm</u> <b>Art Journal</b></p> <p><u>1:10 pm-2:00 pm</u> <b>Bingo!</b></p> <p><u>2:10 pm-3:00 pm</u> <b>Grief Support</b></p> <p><u>2:10 pm –3:00 pm</u> <b>Job Search Basics</b></p> <p><u>3:10 pm-4:00 pm</u> <b>Schizophrenia Alliance</b></p> <p><u>4:10 pm-4:50 pm</u> <b>Time of Gratitude</b></p>	<p><u>9:10 am - 10:00 am</u> <b>Morning Icebreaker</b></p> <p><b>9:45 am -11:00 am</b> <b>Garden &amp; Explore</b></p> <p><u>10:10 am – 11:00 am</u> <b>Work Stress Management</b></p> <p><u>11:10 am-12:00 pm</u> <b>Boundaries/</b> <b>Co-Dependency - H</b> Mtg# 264 038 552 915 3 Passcode: pM7y7KB6</p> <p><u>12:00 pm– 1:00pm</u> <b>Art Social</b></p> <p><u>12:30pm-2:00 pm</u> <b>MAB Meeting</b> <b>Closed Meeting</b></p> <p><u>1:10 pm-2:00 pm</u> <b>Healthy Relationships - H</b> Mtg# 294 256 199 343 Passcode: so9cw3NH</p> <p><u>2:10 pm-3:00 pm</u> <b>Dual Diagnosis - H</b> Mtg# 295 665 897 230 Passcode: MP3pT2Ke</p> <p><u>2:10 pm - 3:00 pm</u> <b>Sports Talk - H</b> Mtg# 247 816 688 860 70 Passcode: Nb9tC2g5</p> <p><u>3:10 pm-4:30 pm</u> <b>Music Jam</b></p> <p><u>4:10 pm -4:50 pm</u> <b>Time of Gratitude</b></p>	<p><u>9:10 am - 10:00 am</u> <b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u> <b>Depression Bipolar</b> <b>Support Alliance - H</b> Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj</p> <p><b>10:00am– 11:30am</b> <b>Park Adventures</b></p> <p><u>11:10 am -12:00 pm</u> <b>Schizophrenia</b> <b>Alliance - H</b> Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK</p> <p><u>12:10 pm - 1:00 pm</u> <b>Professional &amp; Personal</b> <b>Growth</b></p> <p><u>12:10 pm-1:00 pm</u> <b>Art Social</b></p> <p><u>1:10 pm -2:00 pm</u> <b>Life In Process</b></p> <p><u>2:10 pm –3:00 pm</u> <b>Anxiety Management</b></p> <p><u>3:10 pm-4:00 pm</u> <b>LGBTQ+ Support</b></p> <p><u>3:10 pm-4:30pm</u> <b>Karaoke</b></p> <p><u>4:10 pm-4:50 pm</u> <b>Time of Gratitude</b></p>



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22 Monday	23 Tuesday	24 Wednesday	25 Thursday	26 Friday	27 Saturday
9:10 am -10:10 am <b>Morning Icebreaker</b>	9:10 am - 10:00 am <b>Morning Icebreaker</b>	9:10 am - 10:00 am <b>Morning Icebreaker</b>	9:10 am - 10:00 am <b>Morning Icebreaker</b>	9:10 am - 10:00 am <b>Morning Icebreaker</b>	9:10 am - 10:00 am <b>Morning Icebreaker</b>
<u>10:10 am-11:00 am</u> <b>Emotions Anonymous-H</b> <b>Mtg# 246 275 812 344 8</b> <b>Passcode: jG23Si9T</b>	<u>10:10 am - 11:00 am</u> <b>Stress Management for Personal Growth</b>	<u>10:10 am -11:00 am</u> <b>Basic Spanish</b>	<u>10:10 am -11:00 am</u> <b>Art Journal</b>	<b>9:45 am -11:00 am</b> <b>Garden &amp; Explore</b>	<u>10:10 am-11:00 am</u> <b>Depression Bipolar Support Alliance - H</b> <b>Mtg# 244 296 613 337 0</b> <b>Passcode: WQ7kb9Pj</b>
<u>11:10 am-12:00 pm</u> <b>PTSD Support-WRAP</b>	<b>10:00 am-12:00 pm</b> <b>Heritage Community Park, Irvine</b>	<u>11:10 am -12:00 pm</u> <b>Community Meeting -H</b> <b>Mtg# 240 387 599 619 9</b> <b>Passcode: S8a4eV3f</b>	<u>10:10 am -11:00 am</u> <b>Job Search Basics</b>	<u>10:10 am - 11:00 am</u> <b>Work Stress Management</b>	<b>10:00am-11:30am</b> <b>Park Adventures</b>
<u>11:10 am-12:00 pm</u> <b>BINGO!</b>	<u>11:10 am-12:00 pm</u> <b>A.A.</b>	<u>12:10 pm -1:00 pm</u> <b>Mock Interview Skills</b>	<u>11:10 am-12:00 pm</u> <b>Depression Bipolar Support Alliance - H</b> <b>Mtg# 244 296 613 337 0</b> <b>Passcode: WQ7kb9Pj</b>	<u>11:10 am-12:00 pm</u> <b>Boundaries/ Co-Dependency - H</b> <b>Mtg# 264 038 552 915 3</b> <b>Passcode: pM7y7KB6</b>	<u>11:10 am -12:00 pm</u> <b>Schizophrenia Alliance - H</b> <b>Mtg# 273 366 915 706 6</b> <b>Passcode: ZS7Zi7oK</b>
<u>11:10 am-12:00 pm</u> <b>Meditation</b>	<u>11:10am-12:00pm</u> <b>Job Search Basics</b>	<b>1:00 pm-3:00 pm</b> <b>Bowling @Saddleback Lanes</b>	<b>12:00 pm -3:00 pm</b> <b>WCS Member Appreciation Day</b>	<u>12:10 pm-1:00 pm</u> <b>Decompress with Yoga</b>	<u>12:10 pm - 1:00 pm</u> <b>Professional &amp; Personal Growth</b>
<u>12:00 pm- 1:00pm</u> <b>Happy Feet</b>	<u>12:00 pm- 1:00pm</u> <b>Art Social</b>	<u>1:10 pm - 2:00 pm</u> <b>Men's Group - H</b> <b>Mtg# 278 455 853 233 8</b> <b>Passcode: jL2Xv7g3</b>		<u>1:10 pm-2:00 pm</u> <b>Healthy Relationships - H</b> <b>Mtg# 294 256 199 343</b> <b>Passcode: so9cw3NH</b>	<u>12:00 pm- 1:00pm</u> <b>Art Social</b>
<u>12:10 pm-1:00 pm</u> <b>Laughter Yoga</b>	<u>1:10 pm-2:00 pm</u> <b>Fun &amp; Games - H</b> <b>Mtg# 294 820 777 611 9</b> <b>Passcode: 84pK9aC7</b>	<u>1:10 pm - 2:00 pm</u> <b>Women's Group - H</b> <b>Mtg# 232 224 734 093 8</b> <b>Passcode: Uv7GQ2TW</b>		<u>2:10 pm-3:00 pm</u> <b>Dual Diagnosis - H</b> <b>Mtg# 295 665 897 230</b> <b>Passcode: MP3pT2Ke</b>	<u>12:00 pm- 1:00pm</u> <b>Life In Process</b>
<u>1:10 pm-2:00 pm</u> <b>First Steps to Work</b>	<u>1:10pm-2:00 pm</u> <b>Decompress with Yoga</b>	<u>2:10 pm - 3:00 pm</u> <b>Card Playing Games</b>		<u>2:10 pm - 3:00 pm</u> <b>Sports Talk - H</b> <b>Mtg# 247 816 688 860 70</b> <b>Passcode: Nb9tC2g5</b>	<u>2:10 pm -3:00 pm</u> <b>Anxiety Management</b>
<u>1:10 pm-2:00 pm</u> <b>Coping Skills - H</b> <b>Mtg# 296 347 657 179 0</b> <b>Passcode: oB7ds7H7</b>	<u>2:10 pm-3:00 pm</u> <b>Aging Gracefully</b>	<u>2:10 pm - 3:00 pm</u> <b>PTSD Support-WRAP</b>		<u>2:10 pm - 3:00 pm</u> <b>Music Jam</b>	<u>3:10 pm-4:00 pm</u> <b>LGBTQ+ Support</b>
<u>2:10 pm-3:00 pm</u> <b>N.A.</b>	<u>2:10 pm-3:00 pm</u> <b>Global Knowledge</b>	<u>3:10 pm - 4:00 pm</u> <b>Karaoke</b>	<u>3:10 pm-4:00 pm</u> <b>Grief Support</b>	<u>3:10 pm-4:30 pm</u> <b>Music Jam</b>	<u>3:10 pm-4:30 pm</u> <b>Karaoke</b>
<u>3:10 pm-4:00 pm</u> <b>Depression Bipolar Support Alliance</b>	<u>3:10 pm - 4:00 pm</u> <b>Anger Management - H</b> <b>Mtg# 245 679 021 094 0</b> <b>Passcode: Js2Kq6zY</b>	<u>4:10 pm - 5:20 pm</u> <b>Music Jam</b>	<u>3:10 pm-4:00 pm</u> <b>Schizophrenia Alliance</b>	<u>4:10 pm-4:50 pm</u> <b>Time of Gratitude</b>	<u>4:10 pm-4:50 pm</u> <b>Time of Gratitude</b>
<u>4:10 pm-4:50 pm</u> <b>Time of Gratitude</b>	<u>4:10 pm-4:50 pm</u> <b>Time of Gratitude</b>	<u>5:30 pm - 6:45 pm</u> <b>NAMI Connections</b>	<u>4:10 pm-4:50 pm</u> <b>Time of Gratitude</b>		



# Wellness Center South

## June 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

29 Monday	30 Tuesday				
<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p><u>10:10 am-11:00 am</u> <b>Emotions Anonymous-H</b> <b>Mtg# 246 275 812 344 8</b> <b>Passcode: jG23Si9T</b></p> <p>11:10 am-12:00 pm <b>PTSD Support-WRAP</b></p> <p>11:10 am-12:00 pm <b>BINGO!</b></p> <p>11:10 am-12:00 pm <b>Meditation</b></p> <p>12:00 pm- 1:00pm <b>Happy Feet</b></p> <p>1:10 pm-2:00 pm <b>First Steps to Work</b></p> <p><u>1:10 pm-2:00 pm</u> <b>Coping Skills - H</b> <b>Mtg# 296 347 657 179 0</b> <b>Passcode: oB7ds7H7</b></p> <p>2:10 pm-3:00 pm <b>N.A.</b></p> <p>3:10 pm-4:00 pm <b>Depression Bipolar Support Alliance</b></p> <p>4:10 pm-4:50 pm <b>Time of Gratitude</b></p>	<p>9:10 am - 10:00 am <b>Morning Icebreaker</b></p> <p>10:10 am - 11:00 am <b>Stress Management for Personal Growth</b></p> <p>11:10 am-12:00 pm <b>A.A.</b></p> <p>11:10am—12:00pm <b>Job Search Basics</b></p> <p>12:00 pm- 1:00pm <b>Art Social</b></p> <p>1:10pm-2:00 pm <b>Decompress with Yoga</b></p> <p><u>1:10 pm-2:00 pm</u> <b>Fun &amp; Games - H</b> <b>Mtg# 294 820 777 611 9</b> <b>Passcode: 84pK9aC7</b></p> <p>2:10 pm-3:00 pm <b>Aging Gracefully</b></p> <div data-bbox="331 1182 638 1289" style="border: 2px solid black; padding: 5px; text-align: center;"> <p><b>2:45 pm 4:30pm</b> <b>SCO -Food Distribu-</b></p> </div> <p>3:10 pm - 4:00 pm <b>Anger Management - H</b> <b>Mtg# 245 679 021 094 0</b> <b>Passcode: Js2Kq6zY</b></p> <p>4:10 pm-4:50 pm <b>Time of Gratitude</b></p>	<p><b>Wellness Center South</b></p> <p><b>provides rides to the members who have transportation barriers.</b></p> <p><b>Please speak with Zakia Bashir or Jason Cordova to get information about WCS Transportation Services.</b></p> <p><b>Call at: 949-528-6822</b></p> <p><b>Or Email zakia.bashir@clarvida.com</b></p> <div data-bbox="667 1315 978 1494" style="text-align: center;"> </div>	<p><b>We are using TEAMS for our hybrid groups.</b></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 and our website.</p> <p>Call our main number (949) 528-6822 if you need help.</p>	<p><b>We value your feedback!</b></p> <p><b>Drop off a note in-person or on our website.</b> <a href="http://wellnesscentersouth.org">wellnesscentersouth.org</a></p> <p>under comments &amp; suggestions.</p> <p>Please share with us your good news, gratitude &amp; Accomplishments.</p> <p>Drop off a note in-person or on our website under the good news, gratitude &amp; accomplishments button.</p> <p><b>H=Hybrid Group.</b> The group takes place both in-person and is offered online at the same time.</p>	<div data-bbox="1680 341 2058 1429" style="border: 2px solid black; border-radius: 25px; padding: 20px; text-align: center;"> <p><b>Come and enjoy WCS Member Appreciation Party on June 25, 2026 At 12:00pm to 3:00 pm</b></p> <p>We appreciate your membership with WCS. It has been a privilege to witness your strength and growth. Thank you for trusting us and working with us throughout your journey.</p> </div> <p><i>Copyright Clarvida of California, 2025. All Rights Reserved.</i></p>