



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><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <p><u>10:10am - 11:00am</u> Art Social</p> <p><u>11:10 am - 12:00 pm</u> Community Meeting -H Mtg# 240 387 599 619 9 Passcode: S8a4eV3f</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><u>12:00 pm - 1:00 pm</u> Walk to Lunch Taqueria de Anda</p> </div> <p><u>1:10 pm - 2:00 pm</u> 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><u>2:10 pm - 3:00 pm</u> Card Playing Games</p> <p><u>2:10 pm - 3:00 pm</u> WRAP</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> <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>10:10 am - 12:00 pm</u> Cooking</p> <p><u>11:10 am - 12:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj</p> <p><u>12:10 pm - 1:00 pm</u> Work Goal Achievement</p> <p><u>1:10 pm - 2:00 pm</u> Art Journal</p> <p><u>1:00 pm - 2:00 pm</u> SSI Work Incentive Rules & Employment Workshop with Dung Le OC HCA</p> <p><u>1:10 pm - 2:00 pm</u> Bingo!</p> <p><u>2:10 pm - 3:00 pm</u> Grief Support</p> <p><u>2:10 pm - 3:00 pm</u> Job Search Basics</p> <p><u>3:10 pm - 4:00 pm</u> Schizophrenia Alliance</p> <p><u>4:10 pm - 4:50 pm</u> Time of Gratitude</p>	<p style="text-align: center;">Wellness Center South</p> <p style="text-align: center; font-size: 2em; color: red;">WILL BE CLOSED</p> <p style="text-align: center;">FRIDAY, JULY 3</p> <p style="text-align: center;">In observance of the 4th of July</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# 244 296 613 337 0 Passcode: WQ7kb9Pj</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><u>10:00 am - 11:30 am</u> Park Adventures</p> </div> <p><u>11:10 am - 12:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK</p> <p><u>12:10 pm - 1:00 pm</u> Professional & Personal Growth</p> <p><u>12:10 pm - 1:00 pm</u> Art Social</p> <p><u>1:10 pm - 2:00 pm</u> Life In Process</p> <p><u>2:10 pm - 3:00 pm</u> Anxiety Management</p> <p><u>3:10 pm - 4:00 pm</u> LGBTQ+ Support</p> <p><u>3:10 pm - 4:30 pm</u> Karaoke</p> <p><u>4:10 pm - 4:50 pm</u> 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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6 Monday	7 Tuesday	8 Wednesday	9 Thursday	10 Friday	11 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# 246 275 812 344 8 Passcode: jG23Si9T</p> <p><u>11:10 am-12:00 pm</u> WRAP</p> <p><u>11:10 am-12:00 pm</u> Bingo!</p> <p><u>11:30 am-12:30 pm</u> New Lung</p> <p><u>12:10 pm-1:00 pm</u> Laughter Yoga</p> <p><u>1:10 pm-2:00 pm</u> Coping Skills - H Mtg# 296 347 657 179 0 Passcode: oB7ds7H7</p> <p><u>2:10 pm-3:00 pm</u> N.A.</p> <p><u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance</p> <p><u>4:10 pm-4:50 pm</u> Time of Gratitude</p>	<p><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <p><u>10:10 am - 11:00 am</u> Aging Gracefully</p> <div style="border: 2px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p><u>10:00 am - 11:30am</u> Woodbridge Park Irvine</p> </div> <p><u>11:10 am-12:00 pm</u> A.A.</p> <p><u>11:10 am-12:00 pm</u> Meditation</p> <p><u>12:00 pm- 1:00pm</u> Art Journal</p> <p><u>1:10 pm-2:00 pm</u> Fun & Games - H Mtg# 294 820 777 611 9 Passcode: 84pK9aC7</p> <p><u>2:10 pm-3:00 pm</u> 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><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <p><u>10:10am- 11:00am</u> Art Social</p> <p><u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 240 387 599 619 9 Passcode: S8a4eV3f</p> <div style="border: 2px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p><u>1:00 pm-3:00 pm</u> Bowling @Saddleback Lanes</p> </div> <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><u>2:10 pm - 3:00 pm</u> Card Playing Games</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>11:10 am-12:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj</p> <p><u>12:10 pm-1:00 pm</u> Art Journal</p> <p><u>1:10 pm-2:00 pm</u> Bingo!</p> <p><u>2:10 pm-3:00 pm</u> Grief Support</p> <p><u>3:10 pm-4:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK</p> <p><u>4:10 pm-4:50 pm</u> Time of Gratitude</p>	<p><u>9:10 am - 10:00 am</u> Morning Icebreaker</p> <div style="border: 2px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p><u>9:45 am -11:00 am</u> Garden & Explore</p> </div> <p><u>10:10 am - 11:00 am</u> 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><u>12:00 pm- 1:00pm</u> Art Social</p> <p><u>12:30pm-2:00 pm</u> Chat with MAB</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> Sports Talk - H Mtg# 247 816 688 860 70 Passcode: Nb9tC2g5</p> <p><u>3:10 pm-4:30 pm</u> Music Jam</p> <p><u>4:10 pm -4:50 pm</u> Time of Gratitude</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# 244 296 613 337 0 Passcode: WQ7kb9Pj</p> <div style="border: 2px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p><u>10:00am- 11:30am</u> Park Adventures</p> </div> <p><u>11:10 am -12:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK</p> <p><u>12:10 pm-1:00 pm</u> Art Social</p> <p><u>1:10 pm -2:00 pm</u> Life In Process</p> <p><u>2:10 pm -3:00 pm</u> Anxiety Management</p> <p><u>3:10 pm-4:00 pm</u> LGBTQ+ Support</p> <p><u>3:10 pm-4:30pm</u> Karaoke</p> <p><u>4:10 pm-4:50 pm</u> Time of Gratitude</p>



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13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday	18 Saturday
9:10 am -10:10 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
<u>10:10 am-11:00 am</u> Emotions Anonymous-H Mtg# 246 275 812 344 8 Passcode: jG23Si9T	<u>10:10 am - 11:00 am</u> Aging Gracefully	<u>10:10am- 11:00am</u> Art Social	<u>10:10 am - 12:00 pm</u> Cooking	9:45 am -11:00 am Garden & Explore	<u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj
<u>11:10 am-12:00 pm</u> WRAP	11:00 am - 3:00 pm Movies @ Regal Theater Irvine Spectrum	<u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 240 387 599 619 9 Passcode: S8a4eV3f	<u>11:10 am-12:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj	<u>10:10 am - 11:00 am</u> Stress Management	10:00am—11:30am Park Adventures
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<u>10:10 am-11:00 am</u> Emotions Anonymous-H Mtg# 246 275 812 344 8 Passcode: jG23Si9T	<u>10:10 am - 11:00 am</u> Aging Gracefully	<u>10:10am- 11:00am</u> Art Social	<u>10:10 am - 12:00 pm</u> Cooking	<u>9:45 am -11:00 am</u> Garden & Explore	<u>10:10 am-11:00 am</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj
<u>11:10 am-12:00 pm</u> WRAP	<u>10:00 am-12:00 pm</u> Heritage Community Park, Irvine	<u>11:10 am -12:00 pm</u> Community Meeting -H Mtg# 240 387 599 619 9 Passcode: S8a4eV3f	<u>11:00 am-12:00 pm</u> Ice Cream Social @ WCS 	<u>10:10 am - 11:00 am</u> Stress Management	<u>10:00am-11:30am</u> Park Adventures
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