



Wellness Center South

November 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
<u>9:10 am -10:10 am</u> 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 pm</u> Resume building <u>11:10 am-12:00 pm</u> WRAP <u>11:10 am-12:00 pm</u> Bingo! <u>11:30 am - 12:00 pm</u> New Lung <u>12:10 pm-1:00 pm</u> Happy Feet <u>1:10 pm-2:00 pm</u> Coping Skills - H Mtg# 296 347 657 179 0 Passcode: oB7ds7H7 <u>2:10 pm-3:00 pm</u> N.A. <u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance <u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am – 11:00 am</u> Aging Gracefully <u>10:00 am - 11:30am</u> Lake Forest Library <u>11:10 am-12:00 pm</u> A.A. <u>11:10 am-12:00 pm</u> Interview Preparation <u>12:00 pm– 1:00pm</u> Art Journal <u>1:10 pm-2:00 pm</u> Fun & Games - H Mtg# 294 820 777 611 9 Passcode: 84pK9aC7 <u>2:10 pm-3:00 pm</u> Global Knowledge <u>3:10 pm – 4:00 pm</u> Anger Management - H Mtg# 245 679 021 094 0 Passcode: Js2Kq6zY <u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10am– 11:00am</u> Art Social <u>11:10 am –12:00 pm</u> Community Meeting -H Mtg# 240 387 599 619 9 Passcode: S8a4eV3f <u>1:00 pm-3:00 pm</u> Bowling @Saddleback Lanes <u>1:10 pm - 2:00 pm</u> Men's Group - H Mtg# 278 455 853 233 8 Passcode: jL2Xv7g3 <u>1:10 pm - 2:00 pm</u> Women's Group - H Mtg# 232 224 734 093 8 Passcode: Uv7GQ2TW <u>2:10 pm – 3:00 pm</u> Card Playing Games <u>3:10 pm - 4:00 pm</u> Sports Talk - H Mtg# 247 816 688 860 70 Passcode: Nb9tC2g5 <u>3:10 pm - 4:00 pm</u> Karaoke <u>4:10 pm - 5:20 pm</u> Music Jam <u>5:30 pm - 6:45 pm</u> NAMI Connections	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10am -11:00 am</u> Disc Golf <u>10:10 am - 12:00 pm</u> Cooking <u>11:10 am-12:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj <u>12:10 pm-1:00 pm</u> Art Journal <u>1:10 pm-2:00 pm</u> Bingo! <u>1:10 pm-2:00 pm</u> Job Search <u>2:10 pm-3:00 pm</u> Grief Support <u>3:10 pm-4:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK <u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>9:45 am -11:00 am</u> Garden & Explore <u>10:10 am – 11:00 am</u> Stress Management <u>11:10 am-12:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 264 038 552 915 3 Passcode: pM7y7KB6 <u>12:00—1:00</u> Decompress with yoga <u>12:00 pm– 1:00pm</u> Art Social <u>1:10 pm-2:00 pm</u> Healthy Relationships - H Mtg# 294 256 199 343 Passcode: so9cw3NH <u>2:10 pm - 3:00 pm</u> Depression Bipolar Support Alliance <u>3:10 pm-4:30 pm</u> Music Jam <u>4:10 pm -4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <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> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK <u>12:10 pm-1:00 pm</u> Art Social <u>1:10 pm -2:00 pm</u> Life In Process <u>2:10 pm –3:00 pm</u> Anxiety Management <u>3:10 pm-4:00 pm</u> LGBTQ+ Support <u>3:10 pm-4:30 pm</u> Karaoke <u>4:10 pm-4:50 pm</u> 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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Saturday
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Wednesday 9:00 am-7:00 pm

9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday	14 Saturday
<u>9:10 am -10:10 am</u> 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 pm</u> Resume building <u>11:10 am-12:00 pm</u> WRAP <u>11:10 am-12:00 pm</u> Bingo! <u>12:10 pm-1:00 pm</u> Laughter Yoga <u>1:10 pm-2:00 pm</u> Coping Skills - H Mtg# 296 347 657 179 0 Passcode: oB7ds7H7 <u>2:10 pm-3:00 pm</u> N.A. <u>3:10 pm-4:00 pm</u> Depression Bipolar Support Alliance <u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <u>10:10 am – 11:00 am</u> Aging Gracefully 10:00 am - 11:30am Woodbridge Park Irvine <u>11:10 am-12:00 pm</u> A.A. <u>11:10 am-12:00 pm</u> Interview Preparation <u>12:00 pm– 1:00pm</u> Art Journal <u>1:10 pm-2:00 pm</u> Fun & Games - H Mtg# 294 820 777 611 9 Passcode: 84pK9aC7 <u>2:10 pm-3:00 pm</u> Global Knowledge <u>3:10 pm – 4:00 pm</u> Anger Management - H Mtg# 245 679 021 094 0 Passcode: Js2Kq6zY <u>4:10 pm-4:50 pm</u> Time of Gratitude	Wellness Center South WILL BE CLOSED IN OBSERVANCE OF VETERANS DAY WEDNESDAY, NOVEMBER 11, 2026 HAPPY VETERANS DAY	<u>9:10 am - 10:00 am</u> Morning Icebreaker 10:10am -11:00 am Disc Golf <u>10:10 am - 12:00 pm</u> Cooking <u>11:10 am-12:00 pm</u> Depression Bipolar Support Alliance - H Mtg# 244 296 613 337 0 Passcode: WQ7kb9Pj <u>12:10 pm-1:00 pm</u> Art Journal <u>1:10 pm-2:00 pm</u> Bingo! <u>1:10 pm-2:00 pm</u> Job Search <u>2:10 pm-3:00 pm</u> Grief Support <u>3:10 pm-4:00 pm</u> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK <u>4:10 pm-4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker 9:45 am -11:00 am Garden & Explore <u>10:10 am – 11:00 am</u> Stress Management <u>11:10 am-12:00 pm</u> Boundaries/ Co-Dependency - H Mtg# 264 038 552 915 3 Passcode: pM7y7KB6 <u>12:00 pm– 1:00pm</u> Decompress with Yoga <u>12:10pm-1:00 pm</u> Chat with MAB <u>1:10 pm-2:00 pm</u> Healthy Relationships - H Mtg# 294 256 199 343 Passcode: so9cw3NH <u>2:10 pm - 3:00 pm</u> Depression Bipolar Support Alliance <u>3:10 pm-4:30 pm</u> Music Jam <u>4:10 pm -4:50 pm</u> Time of Gratitude	<u>9:10 am - 10:00 am</u> Morning Icebreaker <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> Schizophrenia Alliance - H Mtg# 273 366 915 706 6 Passcode: ZS7Zi7oK <u>12:10 pm-1:00 pm</u> Art Social <u>1:10 pm -2:00 pm</u> Life In Process <u>2:10 pm –3:00 pm</u> Anxiety Management <u>3:10 pm-4:00 pm</u> LGBTQ+ Support <u>3:10 pm-4:30 pm</u> Karaoke <u>4:10 pm-4:50 pm</u> Time of Gratitude



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16 Monday	17 Tuesday	18 Wednesday	19 Thursday	20 Friday	21 Saturday
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WELLNESS CENTER SOUTH Peer-Driven Wellness and Recovery Wellness Center South November 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 9:10 am -10:10 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 pm Resume building 11:10 am–12:00 pm WRAP 11:10 am–12:00 pm Bingo! 12:10 pm-1:00 pm Laughter Yoga 1:10 pm-2:00 pm Coping Skills - H Mtg # 296 347 657 179 0 Passcode: oB7ds7H7 2:10 pm-3:00 pm N.A. 3:10 pm–4:00 pm Depression Bipolar Support Alliance 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. Wellness Center South provides rides to the members who have transportation barriers. Speak with Zakia Bashir or Jason Cordova to get information about WCS Transportation Services. Call at: 949-528-6822 Or Email zakia.bashir@clarvida.com		
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