

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Mark your calendar:</p> <p>2/2/17 WCS Anniversary Celebration 1-4 p.m. 2/7/17 SSI/SSDI benefits Q & A w/ Dung Le 12-1 p.m. 2/9/17 West-Central-South Karaoke 1-4 p.m. 2/13/17 WCW closed Lincoln's Birthday 2/17/17 WCW Black History 12-2 p.m. 2/20/17 WCW closed Presidents Day 2/21/17 Campus Field Trip: Cypress College 1-3 p.m. 2/22/17 WCC Black History Month 12-3 p.m.</p>	<p>1 10-11:20 NAMI Connection (MR) 10-11:20 Gardening (làm vườn) (OS) 10-11:30 "Vietnamese" Daily Decision Making "Những quyết định hàng ngày" (SR) 11-11:50 Life Skills (AA) / Sign Language (LR) 11:30-12:30 ESL "Anh Việt Ngữ" (CL) 12-12:50 Healthy Blending (CA)/Weekly Awakening (AA) 1-1:50 Facilitation 101 (MR) 2-2:50 Hatha Yoga (LR)/Relapse Prevention (MR) 2-2:50 Stressed Out, Blissed Out (CL) 3-3:50 Spanish I (AA)/Guided Imagery/Meditation (SR) 3-4:30 D.R.A Support Group (MR)</p>	<p>2 10-11:20 Mental Health 101(MR)/ Drawing (AA) 10-11:50 Goodwill Gym (OS) 12-12:50 Social Dance "Học Nhảy" (LR) 12-12:50 Enlightenment (AA) 1-1:50 Guided Imagery/Meditation (SR) 1-1:50 Valued Volunteers (WU/AA) 1-4 WCS 1st Anniversary Celebration 2-2:50 Walk 4 Wellness (OS)/Español II (CL) 2-2:50 Decision Making Employment (AA) 2-2:50 Hatha Yoga (LR) 2-3:50 Seasonal Sports (OS) 3-3:50 Employment Part 2 (CL) / Crochet (LR) 3-5 NAMI Peer to Peer (AA) 4-5:30 Emotions Anonymous (SR)</p>	<p>3 9:30-12:30 Community Giveback Outing (WU/OS) Volunteering at OC Food Bank 10-10:50 Housing Skills (MR) 10-10:50 AA Meeting (AA) 11-11:50 "It's All About You" Men's Group (MR) 11-12:30 Simple Cuisines (CA) 12-12:50 Anger Management (MR) 1-1:50 Smoking Cessation (MR) 1-2:50 Art Connections (AA) 2-2:50 Organic Gardening (làm vườn) (OS) 2-2:50 Bingo (LR) 3-4:30 WCW Karaoke (LR)</p>	<p>4 9-12 OCAVMHAS "Tim Hiểu về Tâm Bệnh" Family -Learning About Mental Health -Viet (AA) A.D. Huynh-Feelings -Cảm xúc của một người bệnh 10-11:30 Family Support Group (MR) 10-11:50 Card-Making (LR) 10-12:50 Social Outing (DI SINH HOẠT) (OS): 37th Annual Orange County Black History Parade & Cultural Faire, W Center Street Promenade, Anaheim, CA 92805 11:30-1:30 Movie Club (xem phim) (LR) 12:30-1:50 Recyclable Art Workshop (AA) 2-2:50 Bingo (LR) 3-4:30 WCW Karaoke (LR)</p>
<p>6 10-11:20 D.R.A. Support Group (MR) 10-10:50 Living & Planning (AA) 11-11:50 Walk 4 Wellness (nhóm đi bộ) (OS) 12-12:50 Easy Cooking on a Budget (CA) 12-12:50 Relapse Prevention (MR) 12-1:50 Bowling Club @ Linbrook Bowl (OS) 1-1:50 Hatha Yoga (LR) 1:30-2:50 Life Enhancement (CL) 2-2:50 W.O.W.-Wisdom Over Worry-Women (SR) 2-3:50 Basic Crochet/Knitting (Học đan móc len) (LR) 3-4:30 Depression Bipolar Support Alliance (MR) 3-4:30 Intermediate Beading Group (AA)</p>	<p>7 10-10:50 My Pursuit of Happiness (CL) 10-11:20 Relationship & Communication (MR) 11:30-12:00 Community Meeting (họp cộng đồng) (LR) 12-1 Q & A with Dung Le SSI/SSDI benefits 12:30-1:20 Looking Good, Feeling Fabulous (MR) 12:30-1:50 Wellness Recovery Action Plan (CL) 12:30-2 Viet-Media, Arts, Connections (kết nối qua văn nghệ) (LR) 1-1:50 Vocational Education (AA) 1:30-3 NAMI Connection (MR) 2-2:50 Organic Gardening (làm vườn) (OS) 2-15-4 Volunteering:Sinh Hoạt Thiện Nguyện (OS/WU) 3-4:30 Pathway to Recovery (CA) 3-4:30 Watercolor Art- học vẽ với màu nước (AA)</p>	<p>8 10-11:20 NAMI Connection (MR) 10-11:20 Gardening (làm vườn) (OS) 10-11:30 "Vietnamese" Daily Decision Making "Những quyết định hàng ngày" (SR) 11-11:50 Life Skills (AA) / Sign Language (LR) 11:30-12:30 ESL "Anh Việt Ngữ" (CL) 12-12:50 Healthy Blending (CA)-cancel 12-12:50 Weekly Awakening (AA) -cancel 1-1:50 Facilitation 101 (MR) 1-1:50 Basic Beading Group (AA) 2-2:50 Hatha Yoga (LR)/ Relapse Prevention (MR) 2-2:50 Stressed Out, Blissed Out (CL) 3-3:50 Spanish I (AA)/Guided Imagery/Meditation (SR) 3-4:30 D.R.A Support Group (MR)</p>	<p>9 10-11:20 Mental Health 101(MR)/ Drawing (AA) 10-11:50 Goodwill Gym (OS) 12-12:50 Social Dance "Học Nhảy" (LR) 12-12:50 Enlightenment (AA) 1-1:50 Guided Imagery/Meditation (SR) 1-1:50 Valued Volunteers (WU/AA) 1-4 Karaoke West-Central-South 2-2:50 Walk 4 Wellness (OS)/Español II (CL) 2-2:50 Decision Making Employment (AA) 2-3:50 Seasonal Sports (OS)-cancel 3-3:50 Employment Part 2 (CL) 3-4:30 Depression Bipolar Support Alliance (MR) 3-5 NAMI Peer to Peer (AA) 4-5:30 Emotions Anonymous (SR) 4:30-6:30 WCW Karaoke (LR)</p>	<p>10 9:30-12:30 Community Giveback Outing (WU/OS) Volunteering at OC Food Bank 10-10:50 Housing Skills (MR) 10-10:50 AA Meeting (AA) 11-11:50 "It's All About You" Men's Group (MR) 11-12:30 Simple Cuisines (CA) 12-12:50 Anger Management (MR) 1-1:50 Smoking Cessation (MR) 1-2:50 Art Connections (AA) 2-2:50 Organic Gardening (làm vườn) (OS) 2-2:50 Bingo (LR) 3-4:30 WCW Karaoke (LR)</p>	<p>11 9-12 OCAVMHAS "Tim Hiểu về Tâm Bệnh" Family -Learning About Mental Health -Viet (AA) Dr. Nguyen & Phan-Psychotropic medications Thuốc hướng tâm thần 10-11:30 Family Support Group (MR) 10-11:50 Card-Making (LR) 10-12:50 Social Outing (DI SINH HOẠT) (OS): Annual Monarch Butterfly Day - Milesquare Park 16801 Euclid St., Fountain Valley, CA 92708 11:30-1:30 Movie Club (xem phim) (LR) 12:30-1:50 Recyclable Art Workshop (AA) 2-2:50 Bingo (LR) 3-4:30 WCW Karaoke (LR)</p>
<p>13 Wellness Center West Closed in observance of Lincoln's Birthday</p> 	<p>14 10-10:50 My Pursuit of Happiness (CL) 10-11:20 Relationship & Communication (MR) 11:30-12:00 Community Meeting (họp cộng đồng) (LR) 12:30-1:20 Looking Good, Feeling Fabulous (MR) 12:30-1:50 Wellness Recovery Action Plan (CL) 12:30-2 Viet-Media, Arts, Connections (kết nối qua văn nghệ) (LR) 1-1:50 Vocational Education (AA) 1:30-3 NAMI Connection (MR) 2-2:50 Organic Gardening (làm vườn) (OS) 2-15-4 Volunteering:Sinh Hoạt Thiện Nguyện (OS/WU) 3-4:30 Pathway to Recovery (CA) 3-4:30 Watercolor Art- học vẽ với màu nước (AA)</p>	<p>15 10-11:20 NAMI Connection (MR) 10-11:20 Gardening (làm vườn) (OS) 10-11:30 "Vietnamese" Daily Decision Making "Những quyết định hàng ngày" (SR) 11-11:50 Life Skills (AA) / Sign Language (LR) 11:30-12:30 ESL "Anh Việt Ngữ" (CL) 12-12:50 Healthy Blending (CA)/Weekly Awakening (AA) 1-1:50 Facilitation 101 (MR) 2-2:50 Hatha Yoga (LR)/Relapse Prevention (MR) 2-2:50 Stressed Out, Blissed Out (CL) 3-3:50 Spanish I (AA) 3-3:50 Guided Imagery/Meditation (SR) 3-4:30 D.R.A Support Group (MR)</p>	<p>16 10-11:20 Mental Health 101(MR)/Drawing (AA) 10-11:50 Goodwill Gym (OS) 12-12:50 Social Dance "Học Nhảy" (LR) 12-12:50 Enlightenment (AA) 1-1:50 Guided Imagery/Meditation (SR) 1-1:50 Valued Volunteers (WU/AA) 2-2:50 Walk 4 Wellness (OS)/Español II (CL) 2-2:50 Decision Making Employment (AA) 2-3:50 Seasonal Sports (OS) 3-3:50 Employment Part 2 (CL) 3-4:30 Depression Bipolar Support Alliance (MR) 3-5 NAMI Peer to Peer (AA) 4-5:30 Emotions Anonymous (SR) 4:30-6:30 WCW Karaoke (LR)</p>	<p>17 9:30-12:30 Community Giveback Outing (WU/OS) Volunteering at OC Food Bank 10-10:50 Housing Skills (MR) 10-10:50 AA Meeting (AA) 11-11:50 "It's All About You" Men's Group (MR) 12-2 Celebrating Black History Month 1-2:50 Art Connections (AA) 2-2:50 Organic Gardening (làm vườn) (OS) 2-2:50 Bingo (LR) 3-4:30 WCW Karaoke (LR)</p>	<p>18 9-12 OCAVMHAS "Tim Hiểu về Tâm Bệnh" Family -Learning About Mental Health -Viet (AA) Paul Hoang-Hospitalization/Cat Team 10-11:30 Family Support Group (MR) 10-11:50 Card-Making (LR) 10-12:50 Social Outing (DI SINH HOẠT) (OS): Pacific City, 21010 Pacific Coast Hwy, Huntington Beach, CA 92648 11:30-1:30 Movie Club (xem phim) (LR) 12:30-1:50 Recyclable Art Workshop (AA) 2-2:50 Bingo (LR) 3-4:30 WCW Karaoke (LR)</p>
<p>20 Wellness Center West Closed in observance of</p> 	<p>21 10-10:50 My Pursuit of Happiness (CL) 10-11:20 Relationship & Communication (MR) 11:30-12:00 Community Meeting (họp cộng đồng) (LR) 12:30-1:20 Looking Good, Feeling Fabulous (MR) 12:30-1:50 Wellness Recovery Action Plan (CL) 12:30-2 Viet-Media, Arts, Connections (kết nối qua văn nghệ) (LR) 1-1:50 Vocational Education (AA) 1:30-3 NAMI Connection (MR) 2-2:50 Organic Gardening (làm vườn) (OS) 2-15-4 Volunteering: CANCEL 3-4:30 Pathway to Recovery (CA) 3-4:30 Watercolor Art- học vẽ với màu nước (AA)</p>	<p>22 10-11:20 NAMI Connection (MR) 10-11:20 Gardening (làm vườn) (OS) 10-11:30 "Vietnamese" Daily Decision Making "Những quyết định hàng ngày" (SR) 11-11:50 Life Skills (AA) / Sign Language (LR) 11:30-12:30 ESL "Anh Việt Ngữ" (CL) 12-12:50 Healthy Blending (CA)/Weekly Awakening (AA) 12-3 Black History Month @ Central 1-1:50 Facilitation 101 (MR) 1-1:50 Basic Beading Group (AA) 2-2:50 Hatha Yoga (LR)/ Relapse Prevention (MR) 2-2:50 Stressed Out, Blissed Out (CL) 3-3:50 Spanish I (AA)/Guided Imagery/Meditation (SR) 3-4:30 D.R.A Support Group (MR)</p>	<p>23 10-11:20 Mental Health 101(MR)/Drawing (AA) 10-11:50 Goodwill Gym (OS) 12-12:50 Social Dance "Học Nhảy" (LR) 12-12:50 Enlightenment (AA) 1-1:50 Guided Imagery/Meditation (SR) 1-1:50 Valued Volunteers (WU/AA) 2-2:50 Walk 4 Wellness (OS)/Español II (CL) 2-2:50 Decision Making Employment (AA) 2-3:50 Seasonal Sports (OS) 3-3:50 Employment Part 2 (CL) 3-4:30 Depression Bipolar Support Alliance (MR) 3-5 NAMI Peer to Peer (AA) 4-5:30 Emotions Anonymous (SR) 4:30-6:30 WCW Karaoke (LR)</p>	<p>24 9:30-12:30 Community Giveback Outing (WU/OS) Volunteering at OC Food Bank 10-10:50 Housing Skills (MR) 10-10:50 AA Meeting (AA) 11-11:50 "It's All About You" Men's Group (MR) 11-12:30 Simple Cuisines (CA) 12-12:50 Anger Management (MR) 1-1:50 Smoking Cessation (MR) 1-2:50 Art Connections (AA) 2-2:50 Organic Gardening (làm vườn) (OS) 2-2:50 Bingo (LR) 3-4:30 WCW Karaoke (LR)</p>	<p>25 9-12 OCAVMHAS "Tim Hiểu về Tâm Bệnh" Family -Learning About Mental Health -Viet (AA) Dr. Dong Xuyen-Open Discussions/Thảo luận và chia sẻ 10-11:30 Family Support Group (MR) 10-11:50 Card-Making (LR) 10-12:50 Social Outing (DI SINH HOẠT) (OS): California African American Museum Exposition Park 600 State Dr., Los Angeles, CA 90037 11:30-1:30 Movie Club (xem phim) (LR) 12:30-1:50 Recyclable Art Workshop (AA) 2-2:50 Bingo (LR) 3-4:30 WCW Karaoke (LR)</p>
<p>27 10-11:20 D.R.A. Support Group (MR) 10-10:50 Living & Planning (AA) 11-11:50 Walk 4 Wellness (nhóm đi bộ) (OS) 12-12:50 Easy Cooking on a Budget (CA) 12-12:50 Relapse Prevention (MR) 1-1:50 Hatha Yoga (LR) 1:30-2:50 Life Enhancement (CL) 2-2:50 W.O.W.-Wisdom Over Worry-Women (SR) 2-3:50 Basic Crochet/Knitting (Học đan móc len) (LR) 3-4:30 Depression Bipolar Support Alliance (MR)</p>	<p>28 10-10:50 My Pursuit of Happiness (CL) 10-11:20 Relationship & Communication (MR) 11:30-12:00 Grand Community Meeting (họp cộng đồng) (LR) 12:30-2 Viet-Media, Arts, Connections (kết nối qua văn nghệ) (LR) 1-1:50 Vocational Education (AA) 1:30-3 NAMI Connection (MR) 2-2:50 Organic Gardening (làm vườn) (OS) 2-15-4 Volunteering:Sinh Hoạt Thiện Nguyện (OS/WU) 3-4:30 Pathway to Recovery (CA) 3-4:30 Watercolor Art- học vẽ với màu nước (AA)</p>	<p>Social Outing Sign-up w/ Front Desk personnel. Bring your own lunch/spending money. Bowling Club \$2 on 2nd & 4th Monday 12-1:50PM</p>  <p>Community Giveback Volunteering every Tuesdays 2:15-4:PM & Fridays 9:30-12:30PM</p>	<p>Morning Icebreakers: 9:15-9:50 a.m.</p> <p>Beading 2nd & 4th Mon/Wed</p> <p>Resume by appointment with Denise on Wed/Fri</p> <p>Housing info with Mary on Tue/Fri</p> <p>NAMI Consumer Council Meeting Friday, 2/14/17 1-2PM</p>	<p>Community Meetings Tuesdays 11:30 a.m.-12 p.m.</p>  <p>Meeting Prep 10-10:25 a.m. in AA room</p>	<p>Group Locations: AA - Art Academy CA - Culinary Academy CL - Computer Lab LR - Living Room MR - Music Room OS - Off Site SR - Serenity Room WU - Work Units</p> 

Group Description

Emotional support groups -To aid members with establishing their own ability to cope, understand themselves, connect with others, and address their own recovery goals.

Anger Management - Members will use positive thinking while working around triggers; learn coping skills through making change in their behavior by positive choices.

Art Connection – Members use expressive art and art appreciation techniques to create insightful and fun projects.

Decision Making Employment Part 1 & 2- This class includes a series of classes requiring active participation and will cover the following topics: personal assessment of previous work experience; a decision tree to aid in the assistance and discovery of career goals, possible further education plan, master application, resume, cover letter, follow up thank letter, telephone etiquette, and professional interview practice. Part 2 will involve being in the computer lab to apply, research, and work preparations.

Dual Recovery Anonymous - This 12-Step group provides support and social networking through community involvement while recovering from mental illness and other issues such as substance abuse/dependence.

DBSA - (Depression, Bipolar Support Alliance) Nhóm Hỗ Trợ Tinh Thần - DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders. **Nhóm** cung cấp hy vọng, sự giúp đỡ, hỗ trợ, và giáo dục để cải thiện cuộc sống của những người có rối loạn tâm trạng

Family Support Group- The Family Support Group (FSG) will provide information on family support and introduce tools (basic strategies) for taking care of ourselves and our loved ones. The importance of the FSG will be to focus on other's emotions/feelings and strategies to learn the "we are not alone."

"It's All About You" Men's Group - This group is an open forum to share ideas, concerns, and solutions specifically towards men.

Life Enhancement- This group aims to help members to improve their self-development and processes wherever they're at with their journey in life. Some topics include: Self-esteem building, Self-worth, Effective Communication, Irrational Guilt, etc. and members will apply CBT techniques for problem solving.

Mental Health 101-To share knowledge and information with members that will educate and promote understanding within the mental health field including the Psycho-Social Rehabilitation and Recovery Model and Strength Based Models as well as how and why it is important to keep up with our own continuity of care in order to stay in recovery.

My Pursuit of Happiness- This group is the evolved group of "Creating Wellness", in which members are in control of their destiny and all decision making transition from recovery to wellness. Members will be involved in the process of reflecting, prioritizing, sorting, and planning for change and affirming progress in their own pursuit of happiness.

NAMI Connection (English/Spanish) - NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from sharing experiences and coping strategies in a positive and supportive environment. Please be on time.

NAMI Peer to Peer- This in-person group experience to help others grow. This is a confidential place to learn from shared experiences in an environment of sincere, uncritical acceptance. Recovery is a journey, and there is hope for all people living with mental illness.

OCAVMHAS "Tìm Hiểu về Tâm Bệnh"- Vietnamese family members with a relative living with a mental illness are invited to attend this 14 weeks class with various guest speakers and psychiatrists on Saturday. Xin thân mời tất cả những gia đình có thân nhân mang tâm bệnh, hãy cùng nhau học-hỏi, tham-khảo, chia-sẻ những kiến-thức, với sự đồng hành của các bác sĩ và các nhà chuyên-môn trong lãnh vực tâm-thần.

Pathway to Recovery-Members will apply useful and practical recovery knowledge and skill directly from the "Pathway to Recovery" workbook.

Relapse Prevention- Members learn about the causes of relapse and to utilize coping skills for maintaining recovery.

Relationship & Communication - Members explore different types of personal relationships and how to engage in healthy communication.

Stressed Out, Blissed Out- The class guides strategies for stress reduction. Members will identify the key stress triggers and learn how to avoid the stressors. By learning "De-stressing Strategies" in this class the members will reshape their work and home life-so they can get the rest and relaxation they need to enjoy each and every day to the fullest.

W.O.W. – "Wisdom Over Worry" Women's Group – This group is an open forum specifically for women from all walks of life to share ideas, concerns, and wisdom from their daily decision making. The focus is to reframe any negative thoughts, excessive worry into positive thinking, feeling, and healthy practices.

W.R.A.P. (Wellness Recovery Action Plan) – Members learn that they can identify what makes them well, and use their own Wellness Tools to relieve difficult feelings and maintain wellness in a higher quality of life.

Physical Groups -Designed to promote the ability to strive for and achieve a healthy quality of life, while addressing overall member goals related to *physical health, nutrition, and overall well-being*:

Basic Crochet/knitting- Học đan móc len-- Members learn the process of creating fabric by interlocking loops of yarn, thread, or strands of other materials using a crochet hook. This class enhances members' ability to have better focus and concentration and provides relaxation away from their busy schedule. Members learn the basic techniques for knitting and help alleviate symptoms of anxiety, stress and depression. Knitting also helps improve motor functions, slows cognitive decline, and prevents arthritis and tendinitis

Beading Group- The purpose of this class is to help members with hands and eyes coordination, self-expression through beading creativity, and reduces stress in a fun way. Please be on time!

Bowling Club- This group invites members to engage in social activities and enjoy some bowling fun in their busy schedule.

Card-Making – It's always a joy to receive cards during special occasions, especially if the card is made personally just for you. Take a plain hobby to another level because of the several good things that card making can do to your life.

Community Giveback "Sinh Hoạt Thiện Nguyện" (WU) - Great news Members! WCW is now offering transportation so you can go volunteer with staff outside in our community. Join us and let's make a difference, one week at a time. Places to visit: churches, food banks, local park clean ups, libraries, and other Vendors/Organizations in Orange County.

Easy Cooking on a Budget/ Simple Cuisines – this class will guide members how to prepare meals on a budget while still being mindful about eating healthy. Participants will learn how to cook easy recipes, receive peer tips and feedback in group sharing on healthy frugal practices.

Goodwill Gym- Members can meet at Goodwill's gym located in Santa Ana. They have an access to personal trainers and state of the art fitness equipment for a nominal fee. This is a community integrated activity

Healthy Blending – This group promotes the many benefits of juicing and blending nutritious ingredients to kick start a great weekend.

Looking Good, Feeling Fabulous- Members learn about the proper hygiene regime and rituals to implement in their day life and how grooming is a social expectation for the people around them. Members are encouraged to practice these tips and self-care rituals to build individual confidence and self-esteem.

Organic Gardening (làm vườn) – This class integrates the "garden" into our human culture and civilization. This class teaches members about gardening, agriculture, and how to take care of our natural resources. Members will enjoy outdoor time, work collaboratively among other members, and get their daily dose of Vitamin D.

Seasonal Sports – Members develop and practice different sport techniques and learn to play as a team. These sports activity, including basketball, volley, softball, etc., will encourage members to play, build confidence, hand & eye coordination, and team work communication skills.

Smoking Cessation- This group will provide support methods to address both nicotine addiction and nicotine withdrawal symptoms with qualified personnel from smoking prevention programs.

Social Dance (Học Nhảy) –This class encourages members to have fun and move their body through Zumba and Cumbia Salsa techniques from a peer instructor.

Fundamentals of Drawing-helps develop motor skills, exercise both sides of the brain; left-logical and right-creativity. Helps us to concentrate and focus on being creative and distract us from problems while creating a wonderful piece of art.

Vocational Education -This class starts with personal assessment to identify individual strengths skills and abilities; a Decision Tree to aid in the Student Education Plan and final Class Enrollment.

Walk 4 Wellness (nhóm đi bộ) – Members can explore local trails, lakes, parks and beaches in Orange County while learning the benefits of walking.

Watercolor Art- học vẽ với màu nước - Member develops their creativity, imagination and talents, and have hours of fun along the way with watercolor art.

Spiritual Groups -Designed to assist members with finding their own personal peace and tranquility while addressing overall member goals related to *values and well-ness*:

AA Meeting- This 12-Step group provides support and social networking through community involvement while recovering from alcohol abuse/dependence.

Guided Imagery Meditation – This class helps guide members how to bring about calmness and reduce stress through deep breathing, meditation, and guided imagery.

Emotions Anonymous (EA) Meetings- a twelve-step organization, similar to Alcoholics Anonymous. People join EA in order to help themselves better understand their emotions and lead a more manageable life by following the EA program and using the EA materials.

Enlightenment- this group helps members gain self-awareness and evolve spiritually; topics include compassion, forgiveness, hope, joy, hospitality, etc.

Hatha Yoga – Members learn to create balance in one's body through developing both core strength, flexibility, and breathing. Controlling breath can help improve oxygenation of the body and alleviate stress in some forms. Other elements of Hatha yoga also help with relaxing the body and fighting the stresses of the modern world.

Những quyết định hàng ngày (Daily Decision Making)-This group encourages participants to mindfully examine their daily decision making routines and class encourages members to explore and engage in something new/different each week (different topics/inspirations each week)

Weekly Awakening- Members will learn to identify, remove and replace patterns of thought and behavior that have been limiting their full potential. They will learn to release blocked pain and suffering and they will learn to allow the infinite power of creation to flow through their life.

Social Groups- Provide our members with the opportunity to establish and maintain healthy, positive and lasting relationships with their friends and families while addressing overall member goals related to *indoor recreation and community involvement*:

Anh Việt Ngữ (ESL) - This class provides tutoring to Vietnamese immigrants members who want to improve their English (as a second language) speaking skills.

Basic Spanish – Members learn basic and conversational Spanish. Completion of this class will add to member's life skills and resume upon seeking employment/volunteering opportunities.

Bingo "Chương Trình Lotto" - Members are invited to participate and enjoy a game of chance played with different randomly drawn numbers which players match against numbers that have been pre-printed on 5x5 cards.

Community Meetings- Members driven meetings are for all to learn more about the center with weekly announcements from different activities and groups, and events that are going on in the center and larger community. Members utilize this time to organize and provide democratic sharing and feedback.

Socialization – Also known as "Unstructured Social Time" provides a great opportunity for members to come out, interact, and make connections with others through playing games, coloring, and creating dialogues in the kitchen, living room, and resource center.

Facilitation 101- The purpose of the activity is to provide the basic fundamentals of group facilitation to members so they will become confident to stand before an audience to share their talents, abilities and skills with their peers which will lead to better self-esteem; which then causes them to venture off and try new things.

Living & Planning- This class provides support to members and helps enhance their basic financial skills regarding budgeting, checkbook balancing, coupon clipping, basic grocery shopping skills, etc. Each week we will learn a different aspect of finances to assist member in maintaining their housing.

Español II- An intermediate level from Basic Spanish I, members will build on the vocabularies previously learned and gain more conversational tutoring.

Housing Skills- this class offers 1) different ways to effectively communicate with managers, neighbors and roommates which will assist members in successfully maintaining housing and 2) provides housing related skills support to members. (Topics include: building rapport with others, boundaries, responsibilities, etc.)

Icebreakers- WCW morning routine to go over the activities for the day and the perfect time to get acquainted with each other to transition into "social time"

Life Skills- Members learn new skills and ideas that will help add quality to their life and share their own wisdom among group discussion. Life skills include ways to manage time productively, shop wisely and budget effectively; as well as organizing, housekeeping, care maintenance, and more!

Movie Club (xem phim) - Members enjoy watching movies both in the community and at the center. Members are encouraged to discuss their thoughts about these movies afterwards.

Social Outing (DI SINH HOẠT) – This group offers an opportunity for members to try something different, have fun, and meet new people in the community!

Valued Volunteers (WU)– This group offers unique opportunities for members to 1) gain more self-confidence and develop rapport with others 2) provide support and guidance through volunteering 3) strengthen members networking ability during their recovery process for future employment opportunities.

Viet-Media, Arts, Connections (kết nối qua văn nghệ- To promote understanding and connection between Vietnamese members of different age groups through enjoying Vietnamese Media and cultural/language arts with each other.

WCW Karaoke – Members share their love for singing and connect with others through music from a variety of genres. No singing skills required.