

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Member Advisory Board MAB Meeting April 21, 2017 (Friday) 1:00 p.m.-2:00 p.m.</p> <p>Chat With The MAB (Wednesdays) 12:30 p.m. – 1:30 p.m.</p>	<p>Ambassadors Meeting (Fridays) 12:00 p.m.—1:00 p.m.</p> <p>Goodwill Gym in Santa Ana (Tuesdays and Thursdays) 12:00 p.m. - 2:00 p.m.</p> <p>Arts Committee Meeting April 17, 2017 (Monday) 10:00 a.m. - 11:30 a.m.</p>	<p>Come join us at our</p>  <p>Resource Fair</p> <p>April 19, 2017 (Wednesday) 1:00 p.m.-4:00 p.m.</p>	<p>Community Meeting Special Guest: NAMI- WARMLINE April 5, 2017 (Wednesday) 12:00 p.m.</p>  <p>National Alliance on Mental Illness</p>	<p>Translators are available upon request in: Spanish, Vietnamese, Farsi, Chinese and Korean</p>	<p>1</p> <p>9:15-9:30 Morning Ice Breaker 9:30-10:00 Social Time 10:00-11:00 Gardening OS / Nutrition 101 114 10:00-11:30 Scrapbooking 113 10:30-11:30 Yoga 111 11:30-12:30 Social Time 12:30-1:30 Coping Skills 108 12:30-1:30 Laughing Yoga 107 12:30-2:30 Fundamentals of Painting 113 1:30-2:30 Volleyball OS / Anatomy and You 114 2:00-3:00 Life Skills 108 3:00-4:00 Meditation 111 3:00-4:00 Healthy Living 108 3:00-4:30 Bingo 113</p>
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Group Descriptions. February 2017

Emotional Groups

Approximately 30 emotional groups are designed to aid our members with establishing their own ability to cope and understand themselves, while addressing the overall member goals related to *advocacy and recovery*.

Art Workshop – This is an open art class, and members can explore various / different mediums of art of their choosing; or follow the facilitators planned special project

Arts and Crafts – Members use expressive art and art appreciation techniques to create insightful and fun projects.

Balance and Boundaries – Members can explore steps to establishing and maintaining healthy boundaries.

Best I Can Be – This class offers an exploration into bringing out the full potential of the individual through attitude and conceptual adjustments; opening ourselves to new possibilities and achieving our own brand of excellence.

Crochet - Members learn the process of creating fabric by interlocking loops of yarn, thread, or strands of other materials using a crochet hook.

Choir – This class offers an opportunity for members to sing fun/popular songs and perform at various events in the community.

Day to Day Living - This group offers tips and suggestions so that members can take things one day at a time during their journey to recovery.

DBSA (Depression, Bipolar Support Alliance) - DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

Diversity – This group provides a safe and supportive environment for members to discuss feelings of being different and unique while exploring coping techniques.

Educate Yourself – This class offers support as the members decide to go back to school. It discusses how to enroll in school, obtain information about financial aid assistance and disability benefits, and even provides tours to local colleges from our student facilitator. Individual assistance is also available.

Employment – This class provides support and assistance as members see employment. Members can get help with locating hot job leads, resume help, interview tips and much more. Individual assistance is available as needed.

Fashion 101 – This group emphasizes proper attire for various events including casual, formal, and professional attire.

Floral Design – Members learn how to create beautiful floral arrangements with faux flowers, vases or holiday related containers.

Fundamentals of Drawing – This class is a building block for successful art making. Members receive step-by-step instructions to create various drawings.

Fundamentals of Painting – This class offers the fundamentals of art. Members receive step-by-step instructions to create various paintings.

Glass Arts - Members practice many forms of glass art including etching, mosaics and stained glass.

Healthy Relationships - Members explore different types of relationships and how to engage in healthy relationships.

Jewelry Design – Members learn about beading and making different kinds of jewelry such as necklace and bracelets.

Life Skills – Members learn ways to manage time productively, shop wisely, and budget effectively.

Men's Group - This group is an open forum to share ideas, concerns, and solutions specific to men.

Mosaics - In this class members practice many forms of glass art including etching, mosaics, and stained glass.

NAMI Connection - 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.

Positive Thinking - Members will have the opportunity to review positive quote from famous people and discuss how these quotes can be applied to daily lives.

Scrapbooking – Members learn the artistic skill of scrapbooking their own personal fun memories and pictures.

Self-Empowerment – Members have an opportunity to discuss many practical coping skills and tools which lead to self-empowerment as they recognize their own role in the recovery process.

Women's Group – This group is an open forum to share ideas, concern, and solutions specific to women.

Water Coloring— Learn water color and graphite techniques from a fellow member.

Physical Groups

Approximately 12 physical groups offered are 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*:

Basketball - Members practice basketball techniques and learn to play a team sport on a half court located on the Wellness Center campus.

Bowling – Members have an opportunity to meet in the community and go bowling. Members explore techniques of bowling while competing and having fun. This is a community integrated activity.

Brain Power – This group discusses ways to improve one's memory and introduces practical memory techniques.

Dance Fitness - There is no such thing as a wrong way to dance. In this class, you just dance and express yourself!

Gardening – 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.

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 Living - Members learn different steps, actions and strategies one puts in place to achieve optimum health.

Horseshoes – Members practice throwing horseshoes on a half court located on the Wellness Center campus.

Juicing – Members learn about juicing of fruit and vegetables and its health benefits.

Nutrition 101 - "You are what you eat." Good nutrition is the key to achieving and maintaining a healthy weight and lifelong good health—no matter how you slice it. This class teaches members to choose healthy eating.

Social Dance – Members learn different social dances such as the tango and salsa from a professional instructor.

Volley Ball - Members practice volleyball skills and learn to play a team sport on a court located at the Wellness Center campus.

Walkabout – Members can explore local trails, lakes, parks and beaches of Orange County while learning the benefits of walking.

Yoga Classes: Flow Yoga, Hatha Yoga, & Yoga – Members learn basic & intermediate yoga to create balance in the body through developing strength and flexibility. All are welcome, beginners thru advanced and **Chair Yoga**—using a chair as the main prop, this yoga class is perfect for those who are looking for to build strength in a slower, more supported manner and/or have a difficult time getting up and down from the floor.

Spiritual Groups

Approximately 13 spiritual groups offered are designed to assist members with finding their own personal peace and tranquility while addressing overall member goals related to *values and well-ness*:

AI-Anon - Strength and hope for friends and families of problem drinkers. Members hear experience, strength, hope & learn detachment with kindness.

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

12-Step Meeting (NA) - This 12-Step meeting uses a traditional 12 steps model that has been expanded and developed for people with varied substance abuse issues. It provides support and social networking through community involvement while recovering from narcotic abuse/dependence.

Coping Skills – Members learn techniques to better manage and how to effectively cope with daily struggles in life.

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.

Enlightenment – Members share moments in life that helped them to newly gain wisdom, spiritual achievements, and/or physical progress. Members are encouraged to discuss their personal Ah-ha moments.

Meditation – This class helps to increase awareness for oneself through spiritual exercises like breathing and mindfulness.

Mindfulness– Members learn to focus one's attention on the emotions, thoughts and sensations occurring in the present moment.

Pathways to Recovery - 16 Week course/class. A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Next series to begin in March.

West African Drumming – Members learn the history of drums from the West African Region while practicing rhythms that have specific meanings. The drums are authentic West African drums.

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

Social Groups

Approximately 17 social groups are designed to 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*:

Acting and Drama – This class instills confidence in members through by allowing them to improvise in a creative way in front of a supportive audience.

Ambassador Meeting – Wellness Center Ambassadors are members who have completed an orientation and meet weekly to contribute to the center in their own unique way. Our Ambassadors, for example, assist other members in the Computer Lab, in the kitchen, and welcome others in the reception area. Their

American History - The members learn about American History from a knowledgeable historian. They have the opportunity to hear the history of early settlers and how their travels/experiences helped to shape our country.

American Sign Language (ASL) – Members learn how communicate with their hands using American Sign Language, used by many deaf persons.

Basic Spanish – Members learn basic and conversational Spanish.

Beginning Computer - This class offers an introduction to all things computers, from hardware to software such as the Microsoft Office. This class is open to all levels of proficiency and covers internet browsing and e-mail as well.

Bingo – Members enjoy the game of B I N G O!!!!

Chess Club– Join other members and staff to build your chess playing skills and strategies each week or learn the game from some experienced players.

Community Meeting – This important weekly meeting is for all members to learn more about the center as they get updates on the center, different activities and groups, and events that are going on in the community. Members also get to meet the staff and interact with them.

Game Time – Time to play fun games together like chess, Wii, cards, board games, Scrabble, and puzzles while socializing and honing our skills.

Guitar Lessons – Get free guitar lessons here at the Wellness Center from a fellow member. Learn chords, rhythm and riffs.

Intermediate Computer – This group explores the Microsoft Office Suite including Excel, Publisher, and PowerPoint. Proficient typing skills are highly encouraged.

Karaoke – Members share their love for singing and connect with others through music. No singing skills required.

Movie Club– Members enjoy watching movies both in the community and at the center. Members are encouraged to discuss their thoughts about these movies afterwards.

Music Academy— High quality, fun and personalized vocal and guitar lessons from an experienced professional! You may bring your own guitar if you have one.

Social Hour – This group provides a great opportunity for members to come out and socialize with others through Karaoke, Wii Sports, Bingo and other games.

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

TAY Social Hour – TAY is the abbreviation for Transitional Age Youth. This social time introduces various activities which are targeted to our TAY population as well as the young at heart.

Tea Time - Members enjoy a traditional Tea Ceremony, learning the history of tea, the benefits of drinking tea while relaxing and socializing with one another.

Volunteerism – This group offers unique opportunities to serve others and the community. It teaches how to give back as it is an important part of the recovery.