



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Resume by appointment with Denise on Wednesday 2 p.m.-4 p.m. Fridays: 10 a.m.-1 p.m.</p> <p>Decision Making Employment Thursday 2-3 PM followed by Job Readiness Workshop Lab 3-4PM in the computer lab.</p> 	<p>Webpage: www.wellnesscenterwest.org</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 p.m. & Fridays 9 a.m.-12:30 p.m.</p>	<p>Morning Icebreakers: 9:15-9:50 a.m. Beading 2nd & 4th Mon/Wed</p> <p>Now accepting applications for Member Advisory Board (M.A.B.) "Vietnamese" Family Support Group 1st Saturday only</p> <p>Important: IT'S TIME TO RENEW YOUR MEMBERSHIP!</p>	<p>1 10-11:20 Drawing (AA) 10-11:50 Goodwill Gym (OS) 11-12:20 Mental Health 101 (MR) 12-12:50 Social Dance "Học Nhảy" (LR) 12-12:50 Enlightenment (AA) 1-1:50 Guided Imagery/Meditation (SR) 2-2:50 Decision Making Employment (AA) 2-2:50 Hatha Yoga (LR) 2-3:50 Seasonal Sports (OS) 3-3:50 Job Readiness Workshop Lab (CL) 3-4:30 Depression Bipolar Support Alliance (MR) 3-3:50 Music Lovers Choir (LR) 3-5 NAMI Peer to Peer (AA) 4:30-6:30 WCW Karaoke (LR)</p>	<p>2 9-12:30 Community Giveback Outing (WU/OS) Volunteering at OC Food Bank</p> <p>10-10:50 Tai Chi (LR/OS)/ 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) 1-1:50 Emotions Anonymous (SR) 2-2:50 Organic Gardening (làm vườn) (OS) 2-3:50 Art Connections (SR) 2-4:30 Healthy Living w/ a Chronic Condition (AA) 3-3:50 Walk 4 Wellness (OS) 3-3:50 Bingo (LR)</p>	<p>3 9-12 OCAVMHAS "Vietnamese" Family Support Group (AA) 10-11:30 Wellness Recovery Action Plan (MR) 10-12:50 Social Outing (DI SINH HOAT) (OS): 17th Annual Classic Car Show & Festival 6717 Bright Ave Whittier CA 90602 11-11:50 Basic Computer Support (CL) 10:30-1:00 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>5 10-10:50 Living & Planning (AA) 10-11:20 D.R.A. Support Group (MR) 11-11:50 Organic Gardening (làm vườn) (OS) 11-11:50 Philosophy (AA) 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 Pathway to Recovery (CA) 3-4:30 WCW Karaoke (LR)</p>	<p>6 10-10:50 Tai Chi (LR/OS)/My Pursuit of Happiness (CL) 10-11:20 Relationship & Communication (AA) 11:30-12:00 Community Meeting (họp cộng đồng) (LR) 3-4:30 DBSA (MR)/ Watercolor Art- học vẽ với màu nước (AA) 12:30-1:50 Wellness Recovery Action Plan (CL) 1-1:50 Vocational Education (AA) 12:45-1:50 Viet-Media, Arts, Connections (kết nối qua văn nghệ) (LR) 1:30-3 NAMI Connection (MR) 2-2:50 Walk 4 Wellness (nhóm đi bộ) (OS) 2:15-4 Volunteering: Sinh Hoạt Thiện Nguyện (OS/WU) 3-4:30 Depression Bipolar Support Alliance (MR) 3-4:30 Watercolor Art- học vẽ với màu nước (AA)</p>	<p>7 10-11:20 NAMI Connection (MR) 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 Weekly Awakening (AA) 12-12:50 Gardening (làm vườn) (OS) 1-1:50 Facilitation 101 (MR) 2-2:50 Hatha Yoga (LR)/ Relapse Prevention (MR) 2-2:50 Understanding Family Dynamics (CL) 3-3:50 Guided Imagery/Meditation (SR) 3-4:30 D.R.A Support Group (MR) 3-4:30 "Vietnamese" DBSA Nhóm Hỗ Trợ Tinh Thần (AA)</p>	<p>8 10-11:20 Drawing (AA) 10-11:50 Goodwill Gym (OS) 11-12:20 Mental Health 101 (MR) 12-12:50 Social Dance "Học Nhảy" (LR) 12-12:50 Enlightenment (AA) 1-1:50 Guided Imagery/Meditation (SR) 2-2:50 Decision Making Employment (AA) 2-2:50 Hatha Yoga (LR) 2-3:50 Seasonal Sports (OS) 3-3:50 Job Readiness Workshop Lab (CL) 3-3:50 Music Lovers Choir (LR) 3-4:30 Depression Bipolar Support Alliance (MR) 3-5 NAMI Peer to Peer (AA) 4:30-6:30 WCW Karaoke (LR)</p>	<p>9 9-12:30 Community Giveback (WU/OS) Volunteering at OC Food Bank</p> <p>10-10:50 Tai Chi (LR/OS)/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) 1-1:50 Emotions Anonymous (SR) 2-2:50 Organic Gardening (làm vườn) (OS) 2-3:50 Art Connections (SR) 2-4:30 Healthy Living w/ a Chronic Condition (AA) 3-3:50 Walk 4 Wellness (OS) 3-3:50 Bingo (LR)</p>	<p>10 10-11:30 Wellness Recovery Action Plan (MR) 10-12:50 Social Outing (DI SINH HOAT) (OS): Riley Wilderness Park 30952 Oso Pkwy Coto De Caza 92679 11-11:50 Basic Computer Support (CL) 10:30-1:00 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>
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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 & Job Readiness Workshop Lab- 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 (workshop labs) 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 hỗ trợ, 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 aim to help members to improve their self-development and processes wherever they're at with their journey in life. Some topics includes: 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 involving 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.

Understanding Family Dynamics- The class guides strategic conversation for understanding and fostering a healthy family dynamic with men & women playing an active role in our children's lives. These matters are often influenced by external factors such as marital situation (single Dads and Moms), career considerations, financial position, and any disabilities including mental illnesses that may affect their ability to have children and or raise them.

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 Computer Support- 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.

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 tendonitis

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.

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.

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.

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 w/ a Chronic Condition -6 weeks interactive workshop series are great for anyone with ongoing health problems, someone taking care of a person with a chronic condition, or anyone who wants to be more physically and socially active. Past participants have reported having increased energy, increased physical activity, reduced pain, less anxiety, and better sleep.

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.

Tai Chi- The purpose of this class is to teach internal Chinese Martial Arts practiced for both its defense training and its health benefits. The movement of Tai chi can help to bring about a state of mental calm and clarity besides general health benefits and stress management.

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)

Philosophy- To help members learn how to develop solutions to problems. Members will improve communication skills, develop persuasive skills, and understand the beliefs of others through dialogue sharing.

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*:

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

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

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.

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

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.

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 includes: building rapport with others, boundaries, responsibilities, etc.)

Icebreakers- WCW morning routine to go over the activities for the day and the prefect 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!

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.