

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>START OF EVERY DAY:</b>  <b>9:15 to 9:30 Morning Icebreaker</b>  <b>9:30 to 10:00 Social Time</b>  <b>Room Names:</b>  <b>(Art A) Art Academy</b>  <b>(Co A) Computer Academy</b>  <b>(Cu A) Culinary Academy</b>  <b>(GR) Group Room</b>  <b>(OS) Off Site</b>  <b>(MA) Music Academy</b>  <b>(RR) Resource Room</b>  <b>(SR) Serenity Room</b>  <b>(TR) Training Room</b></p>	<p><b>Tuesday Movies \$2.00</b>  <b>&amp;</b>  <b>Wednesday Bowling \$3.00</b>    <b>Sign Up Early at Reception Desk</b></p>	<p>1            9:30 to 10:00 Easy Exercise (SR)            10:00 to 11:20 D.B.S.A (Art A)            11:00 to 11:50 Advanced Computer Class (Co A)            11:00 to 11:50 Poetry Group (GR)            12:00 to 12:50 Mindfulness (SR)            12:15 to 2:00 Bowling Lake Forest Lanes (OS)            1:00 to 1:50 Team Solutions (RR)            1:00 to 1:50 Game Time (TR)            2:00 to 2:50 Women's Group (SR)            2:00 to 3:00 W.R.A.P. (GR)            3:00 to 3:50 Understanding Mental Illness (GR)            3:30 to 4:50 Mosaic's (Art A)            4:00 to 4:50 Nature Walk (OS)</p>	<p>2            10:00 to 10:50 Active Listening (GR)            10:00 to 10:50 Balancing Boundaries (RR)            11:00 to 11:50 Pathways to Recovery (TR)            11:00 to 11:50 BINGO (RR)            12:00 to 12:50 Men's Group (GR)            12:00 to 12:50 Beading for Beginners (Art A)            1:00 to 1:50 Dual Recovery Anonymous (GR)            1:00 to 1:50 Basic Stretching &amp; Yoga (SR)            2:00 to 2:50 Living Styles (RR)            2:00 to 2:50 Anger Management (Co A)            2:00 to 2:50 Al-Anon Group (GR)            3:00 to 4:30 Jewelry Making (Art A)            4:00 to 4:50 Basics Of Meditation (SR)</p>	<p>3            10:00 to 10:50 Gardening (OS)/Grievance Support(GR)            10:00 to 10:50 Vision Board (Art A)            11:00 to 11:50 W.R.A.P (TR)/Creative Writing(Art A)            12:00 to 12:50 CIWP Support Group (Art A)            1:00 to 1:50 AA Meeting (GR)            1:00 to 1:50 Recovery System (RR)            2:00 to 2:50 LGBTIQ Group (GR)            2:00 to 2:50 Cooking on a Budget (CU A)            3:00 to 3:50 Expressive Arts (Art A)            3:00 to 3:50 Self Esteem (TR)            4:00 to 4:50 Relapse Prevention (TR)            5:00 to 6:50 Board Games (RR)            5:00 to 6:50 Video Games (TR)            5:15 to 6:30 D.B.S.A. (Art A)</p>	<p>4            10:00 to 10:50 Decoupage (Art A)            10:00 to 10:50 Beginning Zumba (SR)            11:00 to 11:50 Benefits of Juicing (Cu A)            11:00 to 11:50 Paper Mache Class(Art A)            12:00 to 1:15 D.B.S.A. (Art A)            11:30 to 3:00 <b>Social Outing- Boomers!!</b>  <b>3405 Michelson Dr. Irvine , CA. 92612</b>            1:00 to 2:00 Music Class (MA)            2:00 to 2:50 Movie Time (TR)            3:00 to 3:50 Water Color (Art A)            3:00 to 3:50 Cartooning Class(CoA)            4:00 to 4:50 What is Art? (Art A)</p>
<p>6 <b>Community Meeting 12:30pm</b>  <i>Guest Speaker Smokers Sensation/Quit Smoking</i>            9:30 to 10:30 Healthy choices (Cu A)            10:30 to 11:00 Nature Walk (OS)            10:00 to 11:00 Embroidery (Art A)            11:00 to 12:30 Recovery International (GR)            11:00 to 12:15 D.B.S.A (Art A)            1:00 to 1:50 Relaxation Group (SR)            1:00 to 1:50 Adult Coloring (Art A)            2:00 to 2:50 Employment Preparation (TR)            2:00 to 2:50 Our Spirituality (SR)            3:00 to 3:50 Seeking Safety (GR)            3:00 to 4:15 Art Workshop (Art A)            4:00 to 4:50 Current Events (RR)</p>	<p>7            10:00 to 10:50 Life in Process (GR)            10:30 to 2:00 Movie Time (Off Site)            11:00 to 11:50 Stress Management (TR)            11:30 to 12:30 Basic Computer Skills (Co A)            12:00 to 1:30 NAMI Connection Support (TR)            1:00 to 1:50 Ending Isolation (GR)            1:00 to 1:50 Arts &amp; Crafts (Art A)            2:00 to 2:50 NA Meeting (SR)            2:00 to 3:30 Art Journaling (Art A)            3:00 to 3:50 Diabetes Management (TR)            3:00 to 3:50 Spanish Class (RR)            4:00 to 4:50 Goal Setting (GR)</p>	<p>8            9:30 to 10:00 Easy Exercise (SR)            10:00 to 11:20 D.B.S.A (Art A)            11:00 to 11:50 Advanced Computer Class (Co A)            11:00 to 11:50 Poetry Group (GR)            12:00 to 12:50 Mindfulness (SR)            12:15 to 2:00 Bowling Lake Forest Lanes (OS)            1:00 to 1:50 Team Solutions (RR)            1:00 to 1:50 Game Time (TR)            2:00 to 2:50 Women's Group (SR)            2:00 to 3:00 W.R.A.P. (GR)            3:00 to 3:50 Understanding Mental Illness (GR)            3:30 to 4:50 Mosaic's (Art A)            4:00 to 4:50 Nature Walk (OS)</p>	<p>9            10:00 to 10:50 Active Listening (GR)            10:00 to 10:50 Balancing Boundaries (RR)            11:00 to 11:50 Pathways to Recovery (TR)            11:00 to 11:50 BINGO (RR)            12:00 to 12:50 Men's Group (GR)            12:00 to 12:50 Beading for Beginners (Art A)            1:00 to 1:50 Dual Recovery Anonymous (GR)            1:00 to 1:50 Basic Stretching &amp; Yoga (SR)            2:00 to 2:50 Living Styles (RR)            2:00 to 2:50 Anger Management (Co A)            2:00 to 2:50 Al-Anon Group (GR)            3:00 to 4:30 Jewelry Making (Art A)            4:00 to 4:50 Basics Of Meditation (SR)</p>	<p>10            10:00 to 10:50 Gardening (OS)/Grievance Support(GR)            10:00 to 10:50 Vision Board (Art A)            11:00 to 11:50 W.R.A.P (TR)/Creative Writing(Art A)            12:00 to 12:50 CIWP Support Group (Art A)            1:00 to 1:50 AA Meeting (GR)            1:00 to 1:50 Recovery System (RR)            2:00 to 2:50 LGBTIQ Group (GR)            2:00 to 2:50 Cooking on a Budget (CU A)            3:00 to 3:50 Expressive Arts (Art A)            3:00 to 3:50 Self Esteem (TR)            4:00 to 4:50 Relapse Prevention (TR)            5:00 to 6:50 Board Games (RR)            5:00 to 6:50 Video Games (TR)            5:15 to 6:30 D.B.S.A. (Art A)</p>	<p>11            10:00 to 10:50 Decoupage (Art A)            10:00 to 10:50 Beginning Zumba (SR)            11:00 to 11:50 Benefits of Juicing (Cu A)            11:00 to 11:50 Paper Mache Class(Art A)            12:00 to 1:15 D.B.S.A. (Art A)            11:30 to 3:00 <b>Social Outing-Nickel! Nickel!</b>  <b>12827 Harbor Blvd. Garden Grove Ca 92840</b>            1:00 to 2:00 Music Class (MA)            2:00 to 2:50 Movie Time (TR)            3:00 to 3:50 Water Color (Art A)            3:00 to 3:50 Cartooning Class(CoA)            4:00 to 4:50 What is Art? (Art A)</p>
<p>13 <b>Community Meeting 12:30pm</b>  <i>Guest Speaker Patient's Rights Services offered</i>            9:30 to 10:30 Healthy choices (Cu A)            10:30 to 11:00 Nature Walk (OS)            10:00 to 11:00 Embroidery (Art A)            11:00 to 12:30 Recovery International (GR)            11:00 to 12:15 D.B.S.A (Art A)            1:00 to 1:50 Relaxation Group (SR)            1:00 to 1:50 Adult Coloring (Art A)            2:00 to 2:50 Employment Preparation (TR)            2:00 to 2:50 Our Spirituality (SR)            3:00 to 3:50 Seeking Safety (GR)            3:00 to 4:15 Art Workshop (Art A)            4:00 to 4:50 Current Events (RR)</p>	<p>14            10:00 to 10:50 Life in Process (GR)            10:30 to 2:00 Movie Time (Off Site)            11:00 to 11:50 Stress Management (TR)            11:30 to 12:30 Basic Computer Skills (Co A)            12:00 to 1:30 NAMI Connection Support (TR)            1:00 to 3:00 <b>Bowing Tournament</b>            1:00 to 1:50 Ending Isolation (GR)            1:00 to 1:50 Arts &amp; Crafts (Art A)            2:00 to 2:50 NA Meeting (SR)            2:00 to 3:30 Art Journaling (Art A)            3:00 to 3:50 Diabetes Management (TR)            3:00 to 3:50 Spanish Class (RR)            4:00 to 4:50 Goal Setting (GR)</p>	<p>15            9:30 to 10:00 Easy Exercise (SR)            10:00 to 11:20 D.B.S.A (Art A)            11:00 to 11:50 Advanced Computer Class (Co A)            11:00 to 11:50 Poetry Group (GR)            12:00 to 12:50 Mindfulness (SR)            12:15 to 2:00 Bowling Lake Forest Lanes (OS)            1:00 to 1:50 Team Solutions (RR)            1:00 to 1:50 Game Time (TR)            2:00 to 2:50 Women's Group (SR)            2:00 to 3:00 W.R.A.P. (GR)            3:00 to 3:50 Understanding Mental Illness (GR)            3:30 to 4:50 Mosaic's (Art A)            4:00 to 4:50 Nature Walk (OS)</p>	<p>16            10:00 to 10:50 Active Listening (GR)            10:00 to 10:50 Balancing Boundaries (RR)            11:00 to 11:50 Pathways to Recovery (TR)            11:00 to 11:50 BINGO (RR)            12:00 to 12:50 Men's Group (GR)            12:00 to 12:50 Beading for Beginners (Art A)            1:00 to 1:50 Dual Recovery Anonymous (GR)            1:00 to 1:50 Basic Stretching &amp; Yoga (SR)            2:00 to 2:50 Living Styles (RR)            2:00 to 2:50 Anger Management (Co A)            2:00 to 2:50 Al-Anon Group (GR)            3:00 to 4:30 Jewelry Making (Art A)            4:00 to 4:50 Basics Of Meditation (SR)</p>	<p>17            10:00 to 10:50 Gardening (OS)/ Grievance Support(GR)            10:00 to 10:50 Vision Board (Art A)            11:00 to 11:50 W.R.A.P (TR)/ Creative Writing(Art A)            12:00 to 12:50 CIWP Support Group (Art A)            1:00 to 1:50 AA Meeting (GR)            1:00 to 1:50 Recovery System (RR)            2:00 to 2:50 LGBTIQ Group (GR)            2:00 to 2:50 Cooking on a Budget (CU A)            3:00 to 3:50 Expressive Arts (Art A)            3:00 to 3:50 Self Esteem (TR)            4:00 to 4:50 Relapse Prevention (TR)            5:00 to 6:50 Board Games (RR)            5:00 to 6:50 Video Games (TR)            5:15 to 6:30 D.B.S.A. (Art A)</p>	<p>18            10:00 to 10:50 Decoupage(Art A)            10:00 to 10:50 Beginning Zumba (SR)            11:00 to 11:50 Benefits of Juicing (Cu A)            11:00 to 11:50 Paper Mache Class(Art A)            12:00 to 1:15 D.B.S.A. (TR)            11:30 to 3:00 <b>Social Outing- Prehistoric Pets</b>  <b>1822 Brookhurst St Fountain Valley, CA 92708</b>            1:00 to 2:00 Music Class (MA)            2:00 to 2:50 Movie Time (TR)            3:00 to 3:50 Water Color (Art A)            3:00 to 3:50 Cartooning Class(CoA)            4:00 to 4:50 What is Art? (Art A)</p>
<p>20 <b>Community Meeting 12:30pm</b>  <i>Guest Speaker Dung Le SSI/SSDI Ticket to Work</i>            9:30 to 10:30 Healthy choices (Cu A)            10:30 to 11:00 Nature Walk (OS)            10:00 to 11:00 Embroidery (Art A)            11:00 to 12:30 Recovery International (GR)            11:00 to 12:15 D.B.S.A (Art A)            1:00 to 1:50 Relaxation Group (SR)            1:00 to 1:50 Adult Coloring (Art A)            2:00 to 2:50 Employment Preparation (TR)            2:00 to 2:50 Our Spirituality (SR)            3:00 to 3:50 Seeking Safety (GR)            3:00 to 4:15 Art Workshop (Art A)            4:00 to 4:50 Current Events (RR)</p>	<p>21            10:00 to 10:50 Life in Process (GR)            10:30 to 2:00 Movie Time (Off Site)            11:00 to 11:50 Stress Management (TR)            11:30 to 12:30 Basic Computer Skills (Co A)            12:00 to 1:30 NAMI Connection Support (TR)            1:00 to 1:50 Ending Isolation (GR)            1:00 to 1:50 Arts &amp; Crafts (Art A)            2:00 to 2:50 NA Meeting (SR)            2:00 to 3:30 Art Journaling (Art A)            3:00 to 3:50 Diabetes Management (TR)            3:00 to 3:50 Spanish Class (RR)            4:00 to 4:50 Goal Setting (GR)</p>	<p>22            9:30 to 10:00 Easy Exercise (SR)            10:00 to 11:20 D.B.S.A (Art A)            11:00 to 11:50 Advanced Computer Class (Co A)            11:00 to 11:50 Poetry Group (GR)            12:00 to 12:50 Mindfulness (SR)            12:15 to 2:00 Bowling Lake Forest Lanes (OS)            1:00 to 1:50 Team Solutions (RR)            1:00 to 1:50 Game Time (TR)            2:00 to 2:50 Women's Group (SR)            2:00 to 3:00 W.R.A.P. (GR)            3:00 to 3:50 Understanding Mental Illness (GR)            3:30 to 4:50 Mosaic's (Art A)            4:00 to 4:50 Nature Walk (OS)</p>	<p>23            10:00 to 10:50 Active Listening (GR)            10:00 to 10:50 Balancing Boundaries (RR)            11:00 to 11:50 Pathways to Recovery (TR)            11:00 to 11:50 BINGO (RR)            12:00 to 12:50 Men's Group (GR)            12:00 to 12:50 Beading for Beginners (Art A)            1:00 to 1:50 Dual Recovery Anonymous (GR)            1:00 to 1:50 Basic Stretching &amp; Yoga (SR)            2:00 to 2:50 Living Styles (RR)            2:00 to 2:50 Anger Management (Co A)            2:00 to 2:50 Al-Anon Group (GR)            3:00 to 4:30 Jewelry Making (Art A)            4:00 to 4:50 Basics Of Meditation (SR)</p>	<p>24            10:00 to 10:50 Gardening (OS)/ Grievance Support(GR)            10:00 to 10:50 Vision Board (Art A)            11:00 to 11:50 W.R.A.P (TR)/ Creative Writing(Art A)            12:00 to 12:50 CIWP Support Group (Art A)            1:00 to 1:50 AA Meeting (GR)            1:00 to 1:50 Recovery System (RR)            2:00 to 2:50 LGBTIQ Group (GR)            2:00 to 2:50 Cooking on a Budget (CU A)            3:00 to 3:50 Expressive Arts (Art A)            3:00 to 3:50 Self Esteem (TR)            4:00 to 4:50 Relapse Prevention (TR)            5:00 to 6:50 Board Games (RR)            5:00 to 6:50 Video Games (TR)            5:15 to 6:30 D.B.S.A. (Art A)</p>	<p>25            10:00 to 10:50 Decoupage(Art A)            10:00 to 10:50 Begging Zumba (SR)            11:00 to 11:50 Benefits of Juicing (Cu A)            11:00 to 11:50 Paper Mache Class(Art A)            12:00 to 1:15 D.B.S.A. (TR)            11:30 to 3:00 <b>Social Outing- South Coast Plaza</b>  <b>3333 Bristol St. Costa Mesa Ca 92626</b>            1:00 to 2:00 Music Class (MA)            2:00 to 2:50 Movie Time (TR)            3:00 to 3:50 Water Color (Art A)            3:00 to 3:50 Cartooning Class(CoA)            4:00 to 4:50 What is Art? (Art A)</p>
<p>27 <b>Community Meeting 12:30pm</b>  <i>Guest Speaker Brand New Day/Services offered</i>            9:30 to 10:30 Healthy choices (Cu A)            10:30 to 11:00 Nature Walk (OS)            10:00 to 11:00 Embroidery (Art A)            11:00 to 12:30 Recovery International (GR)            11:00 to 12:15 D.B.S.A (Art A)            1:00 to 1:50 Relaxation Group (SR)            1:00 to 1:50 Adult Coloring (Art A)            2:00 to 2:50 Employment Preparation (TR)            2:00 to 2:50 Our Spirituality (SR)            3:00 to 3:50 Seeking Safety (GR)            3:00 to 4:15 Art Workshop (Art A)            4:00 to 4:50 Current Events (RR)</p>	<p>28            10:00 to 10:50 Life in Process (GR)            10:30 to 2:00 Movie Time (Off Site)            11:00 to 11:50 Stress Management (TR)            11:30 to 12:30 Basic Computer Skills (Co A)            12:00 to 1:30 NAMI Connection Support (TR)            1:00 to 1:50 Ending Isolation (GR)            1:00 to 1:50 Arts &amp; Crafts (Art A)            2:00 to 2:50 NA Meeting (SR)            2:00 to 3:30 Art Journaling (Art A)            3:00 to 3:50 Diabetes Management (TR)            3:00 to 3:50 Spanish Class (RR)            4:00 to 4:50 Goal Setting (GR)</p>	<p>29            9:30 to 10:00 Easy Exercise (SR)            10:00 to 11:20 D.B.S.A (Art A)            11:00 to 11:50 Advanced Computer Class (Co A)            11:00 to 11:50 Poetry Group (GR)            12:00 to 12:50 Mindfulness (SR)            12:15 to 2:00 Bowling Lake Forest Lanes (OS)            1:00 to 1:50 Team Solutions (RR)            1:00 to 1:50 Game Time (TR)            2:00 to 2:50 Women's Group (SR)            2:00 to 3:00 W.R.A.P. (GR)            3:00 to 3:50 Understanding Mental Illness (GR)            3:30 to 4:50 Mosaic's (Art A)            4:00 to 4:50 Nature Walk (OS)</p>	<p>30            10:00 to 10:50 Active Listening (GR)            10:00 to 10:50 Balancing Boundaries (RR)            11:00 to 11:50 Pathways to Recovery (TR)            11:00 to 11:50 BINGO (RR)            12:00 to 12:50 Men's Group (GR)            12:00 to 12:50 Beading for Beginners (Art A)            1:00 to 1:50 Dual Recovery Anonymous (GR)            1:00 to 1:50 Basic Stretching &amp; Yoga (SR)            2:00 to 2:50 Living Styles (RR)            2:00 to 2:50 Anger Management (Co A)            2:00 to 2:50 Al-Anon Group (GR)            3:00 to 4:30 Jewelry Making (Art A)            4:00 to 4:50 Basics Of Meditation (SR)</p>	<p>31            10:00 to 10:50 Gardening (OS)/ Grievance Support(GR)            10:00 to 10:50 Vision Board (Art A)            11:00 to 11:50 W.R.A.P (TR)/ Creative Writing(Art A)            12:00 to 12:50 CIWP Support Group (Art A)            1:00 to 1:50 AA Meeting (GR)            1:00 to 1:50 Recovery System (RR)            2:00 to 2:50 LGBTIQ Group (GR)            2:00 to 2:50 Cooking on a Budget (CU A)            3:00 to 3:50 Expressive Arts (Art A)            3:00 to 3:50 Self Esteem (TR)            4:00 to 4:50 Relapse Prevention (TR)            5:00 to 6:50 Board Games (RR)            5:00 to 6:50 Video Games (TR)            5:15 to 6:30 D.B.S.A. (Art A)</p>	<p><b>Bowling Tournament</b>  <b>Lake Forest Lanes</b>  <b>March 14<sup>th</sup> 1:00 to 3:00 pm</b>  <b>All Wellness Centers</b></p> 

## Group Description

### Emotional Groups

Approximately 37 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:

**Adult Coloring-** Members will find this therapeutically and a way to express themselves.

**Advanced Computer Class-** Advance computer class is to teach members to search the web, also they will learn word, excel.

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

**Art Journaling-** Members develop effective strategies to move through barriers: and cultivate resilience.

**Art Workshop-** Members use expressive art and art appreciation techniques to create insightful and fun projects.

**Arts & Crafts-** Members will enjoy a fun variety of craft projects.

**Balancing and Boundaries –** Members use worksheets and group discussion to develop ultimately a sense of individuality & find it a necessity to set space between people

**Basic Computer Skills-** Members will learn basic computer skills, sufficient to operate a personal computer utilizing the Internet, and basic word processing

**Beading for Beginners-** Members will use beading to design their own unique designs, key chains, bracelets and etc.

**C.I.W.P-** Consumers in the Workplace Support Group- A group of employed peers encouraging job retention and being able to work through issues using hope & help of others.

**Creative Writing-** Members will utilize their creativity to express their thoughts in a writing form using prompts & imagery.

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

**Decoupage Class-** Members will use mod podge & tissue paper to express colorful creativity designs. While creating something beautiful to call their own.

**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.

**Embroidery-** Members will design an embroidery needlework creation that will be an arrangement of all embroidery techniques.

**Employment Preparation Skills** This class provides support and assistance to members who are seeking employment. Members can get help with locating hot job leads, resume building, interview tips and Other resources and assistance is available as needed.

**Expressive Arts–** A fun way to learn self-awareness through unique art expressions. No art ability necessary.

**Grievance Group-** Members will process feelings of loss and grief over personal loss.

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

**Men’s Group -** This group is an open forum to share ideas, concerns, and solutions specifically towards men.

**Mosaics-** Member will work with tiles and grout making designs and art work express their creativity fashionable design.

**Music Class-** Individual Instruction on guitar and elementary piano and music theory.

**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.

**NAMI Peer to Peer-** Peer to Peer is a free 10-week recovery education course taught by NAMI-trained individuals with lived experience of mental illness; any adult with a mental health condition who is interested should apply to NAMIQC or WCS prior to the course.

**Paper Mache Class-** Members will use starch and paper strips to form and create a unique piece of art.

**Pathways to Recovery-** Members will apply useful and practical recovery knowledge and skill directly from “Pathway to Recovery” workbook

**Recovery International –** This group reads from one of Abraham Low’s literatures while reading the participants highlight parts of the material that were meaningful to them and take turns describing an event in their everyday life.

**Recovery System-** Members will learn about their strengths, goal, and values so that they may better recover from mental illness.

**Relapse Prevention-** Members will learn what is relapse and understanding the recovery program through the 12 steps.

**Stress Management-** Learning methods of muscle relaxation and developing resilience.

**Understanding Mental Illness-** Teaching members and helping them to understand a variety of mental illness conditions.

**Vision Board –**Inspiration, Dream Board or Vision Board; A tool used for positive changes; by using pictures and clippings to create collages that transcend into beautiful and meaning art of wellness.

**Watercolor Class -** This class offers the fundamentals of watercolor medium. Members receive step-by-step instructions to create various paintings using watercolor technique.

**What is Art? –** This class is a building block for successful art making. Members receive step-by-step instructions to create various drawings through different medium.

**Women’s Group –** This group is an open forum to share ideas, concerns, and solutions specifically towards women.

**WRAP (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

Approximately 7 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 wellbeing.

**Beginning Zumba-**Members will learn moves to salsa music and burning calories.

**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

**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.

**Light Cardio Fit –**Members will be effectively working in a fun atmosphere while dancing to music to raise heart rate and implementing cardio goals.

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

**Relaxation Group -** Members will learn to focus on many concepts of relaxation techniques, presents progressive relaxation exercise and imagery.

**Team Solutions -** A program that offers information and tips on healthy living including nutrition fitness, and exercise.

### Spiritual Groups

Approximately 12 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:

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

**AI-Anon Group-** Members will share their experience strength and hope and learn to focus on themselves.

**Basic of Meditation-**Members will learn about meditation and put that learning into practice.

**Life In Process –** Studies in the process of growth. This class helps members understand that life is a journey of many goals reached.

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

**Narcotics Anonymous -** Narcotics Anonymous (NA) 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.

**Our Spirituality –** Members will explore their own spirituality through their own beliefs.

**Poetry -** Explore why poetry is important and practice the craft of writing poetry.

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

**Seeking Safety –** A support group to help members cope with PTSD and substance abuse issues.

**Self Esteem -** Members will learn to gain confidence and their self-worth and respect through positive versus negative body image and looks, feelings and emotions.

**Yoga –** Members learn yoga to create balance in one’s body through developing both strength and flexibility. All are welcome, beginners thru advanced.

### Social Groups

Approximately 20 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:

**Active Listening –** Learning how to listen well and more effectively.

**Benefit of Juicing-**Members will learn about juicing of fruit and vegetables and its health benefits.

**BINGO -** Members will be involved in a thinking game and interact with each other.

**Cartooning Class-** Cartooning Class will allow members to learn the fundamental of character design and basic publish skills.

**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.

**Cooking Class -** Members prepare meals on a budget mean while still being mindful about eating healthy.

**Current Events-** A group discussion about the day’s latest events locally and around the world.

**Diabetes Management-** A group discussion about how to control and manage Diabetes.

**Ending Isolation-** Ending isolation is designed to help members who have tendency to isolate from the recovery community by sharing.

**Game Time-** Members will improve socialization following rules of group games including Rocks and Docks and Pictionary.

**Goal Setting -** Setting obtainable goals and developing skills in order to reach them.

**Healthy Choices -** Members will work together to prepare recipes while learning nutritional facts.

**Ice Breakers-** Members will gather together to discuss their day and plans for the daily events at the center.

**LGBTIQ Group-** (lesbian, gay, bi-sexual, transsexual, intersex, questioning) this group is for LGTIQ community and those who are supportive to discuss gay issues and have an open forum. With occasional guest Speakers.

**Living Styles-** Members discusses interaction between roommates and other Challenges to living arrangements that might arise for those who have independent housing.

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

**Board Games/Video Games -** Members will engage in social interaction in a group setting with a fun time competition

**Social Hour -** This group provides a great opportunity for members to come out and socialize with others playing games and socializing.

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

**Spanish Class –** Members learn basic and conversational Spanish.

## Volunteer Opportunity Units

**Outreach Team –** responsible for welcoming new members to the program, mentoring them and providing them with information about mental health community programs.

**Socialization & Support Team-** providing educational and entertainment opportunities by planning and facilitating daily activities and groups including outings and mailing of monthly calendars to members. They also coordinate special events for the members.

**Business Administration-**providing clerical functions, including receptionist duties, data entry, and other general office skills.

**Building and Maintenance-** responsible for the upkeep of the building inside and out, including gardening, janitorial and kitchen duties.

**Membership Advisory Board-** consisting of members who meet once a month to go over current events and member suggestions. They are the “voice “of the WCS program as the members are the most important people in the center. WCS is designed to be run by members and for the members. Therefore, the Board communicates valuable information to the staff of the Center in order to maintain a safe and nurturing environment.