


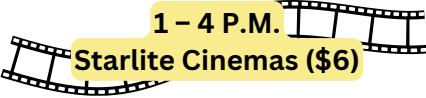










MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 10:30 - 11 A.M. Community Meeting	3 11 – 1 P.M. Hispanic Heritage Month (WCS)	4 11 – 11:50 A.M. Work Ready: Reference Letter	5 10 – 12 P.M. IKEA 	6 10:30 - 11 A.M. Community Meeting 10 – 12 P.M. Buena Park Farmers Market 
8 1 – 3 P.M. Linbrook Bowling (\$3.50)	9 10:30 - 11 A.M. Community Meeting 1 – 4 P.M. Starlite Cinemas (\$6) 	10 11– 12 P.M. Medi-Cal / SSDI (English) 1 – 3 P.M. Linbrook Bowling (\$3.50)	11 11 – 11:50 A.M. Work Ready: Tough Interview Questions	12 10 – 12 P.M. Newport Beach Sculpture Garden 	13 12 – 2 P.M. Cerritos Mall 
15 1 – 3 P.M. Linbrook Bowling (\$3.50) 10 – 11 A.M. Laura’s House: Empathy	16 10:30 - 11 A.M. Community Meeting	17 1 – 3 P.M. Linbrook Bowling (\$3.50)	18 11 – 11:50 A.M. Work Ready: Job Fair Preparation	19 10 - 12 P.M. Fullerton Aboretum 	20 10 – 12 P.M 3rd Annual Recovery Happens Picnic 
22 1 – 3 P.M. Linbrook Bowling (\$3.50)	23 10:30 - 11 A.M. Community Meeting	24 11– 12 P.M. Medi-Cal / SSDI (Vietnamese) 12 – 3 P.M. CSU Fullerton Tour	25 11 – 11:50 A.M. Work Ready: Company Research and Networking	26 	27 10 – 12 P.M Westminster Fall Festival 
29 1 – 3 P.M. Linbrook Bowling (\$3.50)	30 10:30 - 11 A.M. Community Meeting 1 - 3 P.M. Mid-Autumn Festival 				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9 – 9:50 A.M.</b> Icebreaker	<b>9 – 9:50 A.M.</b> Icebreaker	<b>9 – 9:50 A.M.</b> Icebreaker	<b>9 – 9:50 A.M.</b> Icebreaker	<b>9 – 9:50 A.M.</b> Icebreaker	<b>9 – 9:50 A.M.</b> Icebreaker
..... <b>10 – 10:50 A.M.</b> Basic Drawing	..... <b>10 – 10:30 A.M.</b> Walk 4 Wellness	..... <b>10 – 10:50 A.M.</b> Life Skills	..... <b>10 – 10:50 A.M.</b> Positive Thinking	..... <b>10 – 10:50 A.M.</b> TAY Space	..... <b>10 – 10:50 A.M.</b> Dance Celebration / Salsa
Emotions Anonymous	<b>10 – 11:30 A.M.</b> Món ăn nhẹ Việt Nam (Simple Snacks)	Living Your Best Life	Walk 4 Wellness	<b>10 – 11:30 A.M.</b> Simple Snacks	Self-Compassion
Poet’s Society	<b>10:30 – 11 A.M.</b> Community Meeting	Schizophrenia Support	..... <b>11 – 11:50 A.M.</b> Jam Sessions	<b>10 – 12 P.M.</b> Social Outing	<b>10 – 1:00 P.M.</b> Social Outing
..... <b>11 – 11:50 A.M.</b> Basic Sewing	..... <b>11 – 11:50 A.M.</b> Anger Management	..... <b>11 – 11:50 A.M.</b> Alcoholics Anonymous	Decision-Making Employment	<b>11:00 – 11:50 P.M.</b> Depression Bipolar Support Alliance (DBSA)	..... <b>11 – 12:30 P.M.</b> National Alliance on Mental Illness (NAMI) Connections
Healing & Self-Discovery	<b>11 – 11:50 A.M.</b> Anger Management	Self-Compassion	Philosophy	..... <b>11:00 – 11:50 P.M.</b> Depression Bipolar Support Alliance (DBSA)	Simple Snacks
Men’s Group	Crochet & Knitting	Tiếng Anh Sơ Cấp (Beginning English)	..... <b>12 – 1 P.M.</b> Social Hour	Short Stories	<b>11 – 1 P.M.</b> Films with Friends
<b>11 – 12:50 P.M.</b> Crochet & Knitting	..... <b>12 – 1 P.M.</b> Social Hour	..... <b>12 – 1P.M.</b> Social Hour	..... <b>1 – 1:50 P.M.</b> Reflective Journaling	Tai Chi	..... <b>12 – 1 P.M.</b> Social Hour
..... <b>12 – 1 P.M.</b> Social Hour	..... <b>1 – 1:50 P.M.</b> Beading	..... <b>1 – 1:50 P.M.</b> Beginning Piano	Wellness Recovery Action Plan (WRAP)	..... <b>12 – 1 P.M.</b> Crochet & Knitting	..... <b>1 – 1:50 P.M.</b> Anger Management
..... <b>1 – 1:50 P.M.</b> Ceramic Painting	Nutrition	Gardening	Beginning Piano	..... <b>1 – 1:50 P.M.</b> Kế hoạch Hành động Phục hồi Sức khỏe Tâm thần (WRAP)	Chair Yoga
Beginning Spanish	Tai Chi	Linbrook Bowling	..... <b>2 – 2:50 P.M.</b> 8 Dimensions of Wellness	<b>1 – 1:50 P.M.</b> Kế hoạch Hành động Phục hồi Sức khỏe Tâm thần (WRAP)	Beginning Guitar
Codependents Anonymous	..... <b>2 – 2:50 P.M.</b> Resilient Journey	..... <b>2 – 2:50 P.M.</b> Narcotics Anonymous	Beginning Computer Skills	Video Games	..... <b>2 – 2:50 P.M.</b> Bingo!
<b>1 – 3 P.M.</b> Linbrook Bowling	Successful Strategies	Managing Anxiety	..... <b>3 – 3:50 P.M.</b> Câu Lạc Bộ Trò Chơi (Game Club)	Walk 4 Wellness	Jam Session
..... <b>2 – 2:50 P.M.</b> Enlightenment	Video Games	Nhóm Hỗ Trợ Tinh Thần (DBSA)	Gardening	..... <b>2 – 2:50 P.M.</b> Acting 101	..... <b>3 – 4:30 P.M.</b> Karaoke
Relationships & Communication	..... <b>3 – 3:50 P.M.</b> Chair Yoga	..... <b>3 – 3:50 P.M.</b> Life Enhancement	<b>3:30 – 4:30 P.M.</b> Community Mental Health Night	Bingo!	Interested in attending groups virtually? Give us a call to set you up!
<b>2:00 – 3:30 P.M.</b> Nhóm sức mạnh và hy vọng (Strength & Hope)	Wellness Recovery Action Plan (WRAP)	Kết nối qua văn nghệ (Media & Art Connection)	..... <b>4:30 – 6:30 P.M.</b> Karaoke	Supported Education	
..... <b>3 – 3:50 P.M.</b> Chair Yoga				..... <b>3 – 4:30 P.M.</b> Karaoke	
<b>4 – 4:50 P.M.</b> Karaoke					