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					1 10:30 - 11 A.M. Community Meeting  10 - 12 P.M. Buena Park Farmers Market 12 - 1 P.M. Sandwich Social
3 10 - 11 A.M. Laura's House: Domestic Violence 11:30 - 12 P.M. New Lungs Presentation  1 - 3 P.M. Linbrook Bowling (\$3.50)	4 10:30 - 11 A.M. Community Meeting: Work-Ordered Day Q&A  1-4: Orange Coast College Tour  2 P.M. Successful Strategies	5 10 - 11 P.M. Donut Stress, Be Happy 11- 12 P.M. Medicare & Working (English)  1 - 3 P.M. Linbrook Bowling (\$3.50)	6  11 - 12 P.M. Work Ready: Business Etiquette	7  11 - 1 P.M. Langson Museum Costa Mesa	8  11- 1 P.M. Jurassic Vibes Market
10 12 - 1 P.M. Salute to Service  1 - 3 P.M. Linbrook Bowling (\$3.50)	11 	12  1 - 3 P.M. Linbrook Bowling (\$3.50)	13  11 - 12 P.M. Work Ready: Communication	14  10 - 12 P.M. Mother's Beach	15  9 - 12 P.M. NAMI Walks OC
17  1 - 3 P.M. Linbrook Bowling (\$3.50)	18 10:30 - 11 A.M. Community Meeting: Work-Ordered Day Q&A  1 - 4 P.M. Starlite Cinemas (\$6)  2 P.M. Successful Strategies	19 1- 3 P.M. WCW Thanksgiving Luncheon 	20  11 - 12 P.M. Work Ready: Conflict Resolution in the Workplace	21  10 - 12 P.M. Ikea	22  10 - 12 P.M. Feast of Gratitude 12 - 1 P.M. Thankful Bites
24  1 - 3 P.M. Linbrook Bowling (\$3.50)	25 10:30 - 11 A.M. Community Meeting: Work-Ordered Day Q&A  2 P.M. Successful Strategies	26 11- 12 P.M. Medicare & Working (Vietnamese)  1 - 3 P.M. Linbrook Bowling (\$3.50)	27 	28 	29  10 - 12 P.M. Newport Popup & Shop

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