

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Community Meetings include Work-Order Day Q&A and are also held at the start of monthly social events.		1  1 - 3 P.M. Linbrook Bowling (\$3.50)	2 10 – 12 P.M. Stigma Workshop  11 - 12 P.M. Work Ready: Positive First Impressions 1 - 3 P.M. Stars And Stripes Celebration	3 	4 10:30 – 11 A.M. Community Meeting 2 P.M. HOLIDAY CLOSURE
6  1 - 3 P.M. Linbrook Bowling (\$3.50) 2 – 2:30 P.M. Cuộc Họp Cộng Đồng	7 10:30 – 11 A.M. Community Meeting  2 - 3:30 P.M. Fast Track to Work	8  1 - 3 P.M. Linbrook Bowling (\$3.50)	9 10 – 12 P.M. Stigma Workshop  11 - 12 P.M. Work Ready: Personal Appraisal	10 11:30 – 12 P.M. New Lungs  10 - 11 A.M. Job Search Lab	11  10 - 12 P.M. Hilbert Museum of California
13  1 - 3 P.M. Linbrook Bowling (\$3.50)	14 10:30 – 11 A.M. Community Meeting  1 - 4:30 P.M. Starlite Cinemas (\$6)  2 - 3:30 P.M. Fast Track to Work	15  1 - 3 P.M. Linbrook Bowling (\$3.50)	16 10 – 12 P.M. Stigma Workshop  11 - 12 P.M. Work Ready: Life Values / Worksheet	17  10 - 11 A.M. Job Search Lab	18
20 10 – 11 A.M. Laura’s House: Online Safety  1 - 3 P.M. Linbrook Bowling (\$3.50)	21 10:30 – 11 A.M. Community Meeting  2 - 3:30 P.M. Fast Track to Work	22  1 - 3 P.M. Linbrook Bowling (\$3.50) 11– 12 P.M. SSI/SSDI (English)	23 10 – 12 P.M. Stigma Workshop  11 - 12 P.M. Work Ready: Personal Qualities / Job-Skills	24  10 - 11 A.M. Job Search Lab	25  10 - 12 P.M. Buena Park Farmers Market
27  1 - 3 P.M. Linbrook Bowling (\$3.50)	28 10:30 – 11 A.M. Community Meeting  2 - 3:30 P.M. Fast Track to Work	29  1 - 3 P.M. Linbrook Bowling (\$3.50) 11 - 12 P.M. SSI/SSDI (Viet)	30 10 – 12 P.M. Stigma Workshop  11 - 12 P.M. Work Ready: Work Values / Employee Strengths	31  10 - 11 A.M. Job Search Lab	

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