













MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 	2 10:30 – 1 P.M. Twin Lakes Park	3 10:30 – 1 P.M. Paseo 17 Farmers Market	4 9 – 9:50 A.M. Community Meeting* 10:30 – 1 P.M. Cypress Certified Farmers Market
6 12 – 2 P.M. Linbrook Bowling (\$3.50)  2 – 2:30 P.M. Cuộc họp cộng đồng	7 10:30 – 11 A.M. Community Meeting* 10 – 12 P.M. Seal Beach Cleanup	8 12 – 2 P.M. Linbrook Bowling (\$3.50)  10 – 12 P.M. Medi-Cal / Cal-Fresh Benefits Workshop	9 10:30 – 1 P.M. OC Zoo (\$3) 2 - 3:15 P.M. Goodwill Job Club: Entering the Job Market	10 10:30 – 1 P.M. Asian Garden Mall	11 9:00 – 12 P.M. Heritage Hill Historic Park* <small>*Reservation is at 10A.M.*</small>
13 12 – 2 P.M. Linbrook Bowling (\$3.50)  10 – 11 A.M. Laura's House: Empathy	14 10:30 – 11 A.M. Community Meeting* 1 – 4 P.M. Starlite Cinemas (\$5) 	15 10 – 12 P.M. Strawberry Ice Cream Day  10 - 12P.M. WCS Job Fair	16 10:30 – 1 P.M. Fullerton Arboretum	17 10:30 – 1 P.M. Mile Square Park Farmers Market	18 10:30 – 1 P.M. Buena Park Farmers Market
20 	21 10:30 – 11 A.M. Community Meeting* 11:30 – 12 P.M. New Lungs Presentation	22 11– 12 P.M. SSI Workshop 1 – 3 P.M. Lunar New Year Party 	23 10 – 12 P.M. WCC Education Fair	24 10:30 – 1 P.M. Balboa Island Museum	25 10:30 – 1 P.M. Thriving & Vibing: A Winter Wellness Wonderland Community Event
27 12 – 2 P.M. Linbrook Bowling (\$3.50) 	28 10:30 – 11 A.M. Community Meeting* 11 – 12:30 P.M. Hart Park Clean Up	29 11– 12 P.M. SSI Workshop (Vietnamese) 12 – 2 P.M. Linbrook Bowling (\$3.50) 	30 10:30 – 1 P.M. Huntington Beach Public Library	31 10:30 – 1 P.M. Downtown Anaheim Farmers Market	1 10 – 1 P.M. Tet Festival (Costa Mesa)

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. Cartoon Drawing	10 – 10:50 A.M. Living Your Best Life	10 – 10:50 A.M. Guided Imagery/Meditation	10 – 10:50 A.M. Open Socialization	10 – 10:50 A.M. Peer Empowerment	10 – 10:50 A.M. Dance Celebration / Salsa
Emotions Anonymous	Open Socialization	Life Skills	Beginning Piano	10 – 11:30 A.M. Simple Snacks	Open Socialization
Walk 4 Wellness	10 – 11:30 A.M. Món ăn nhẹ Việt Nam (Simple Snacks)	Schizophrenia Support Group	Positive Thinking	10 – 12 P.M. Social Outing	10 – 1:00 P.M. Social Outing
11 – 11:50 A.M. Men's Group	11 – 11:50 A.M. Anger Management	11 – 11:50 A.M. Jam Sessions	10:30 – 1 P.M. Social Outing	11:00 – 11:50 P.M. Open Socialization	11 – 12:30 P.M. NAMI Connections
Open Socialization	Codependents Anonymous	Self-Compassion	11 – 11:50 A.M. Decision-Making Employment	Short Stories	11 – 1 P.M. Films with Friends
11 – 12:50 P.M. Crochet & Knitting	Crochet & Knitting	Tiếng Anh sơ cấp (Beginning English)	Philosophy	Volunteering	12 – 12:50 P.M. Anger Management
12 – 12:50 P.M. Healing & Self-Discovery	11 – 12:30 P.M. Volunteering	12 – 12:50 P.M. Gardening	Relationships & Communication	12 – 12:50 P.M. Gardening	1 – 1:50 P.M. Animal Allies
12 – 2 P.M. Linbrook Bowling	12 – 12:50 P.M. Beading	Narcotics Anonymous	12 – 1:30 P.M. Sewing & Patchwork	12 – 1:30 P.M. DBSA	Beginning Spanish
1 – 1:50 P.M. Life Enhancement	Tai Chi	12 – 1:50 P.M. Linbrook Bowling	1 – 1:50 P.M. Reflective Journaling	1 – 1:50 P.M. Alcoholics Anonymous	1 – 2:30 P.M. Simple Snacks
1 – 2:30 P.M. Ceramic Painting	Women's Group	1 – 1:50 P.M. Managing Anxiety	Walk 4 Wellness	Video Games	2 – 2:50 P.M. Bingo!
2 – 2:50 P.M. Enlightenment	1 – 1:50 P.M. 8 Dimensions of Wellness	Poet's Society	1:00 – 3 P.M. Giờ xã hội (Social Hour)	Walk 4 Wellness	3 – 4:30 P.M. Karaoke
2:00 – 3:30 P.M. Nhóm sức mạnh và hy vọng (Strength & Hope)	Nutrition	2 – 2:50 P.M. Beginning Art	2 – 2:50 P.M. Chair / Hatha Yoga	2 – 2:50 P.M. Bingo!	Interested in attending groups virtually? Give us a call to set you up!
3 – 3:50 P.M. Chair/Hatha Yoga	Video Games	Nhóm Hỗ Trợ Tinh Thần (DBSA)	Dual Diagnosis	Supported Education	
4 – 4:50 P.M. Karaoke	2 – 2:50 P.M. Chair / Hatha Yoga	WRAP	3 – 3:50 P.M. Tech Tutor	3 – 4:30 P.M. Karaoke	Color Key:  New / Returning Group  Name or Time Change
	Resilient Journey 2 – 4:30 P.M. Films with Friends	Kết nối qua văn nghệ (Media & Art Connection)	3:30 – 4:30 P.M. Community Mental Health Night		
	3 – 3:50 P.M. DBSA		4:30 – 6:30 P.M. Karaoke		