

Wellness Center West

11277 Garden Grove Blvd., Suite 101A, Garden Grove, CA 92840

Hours: **Mon-Sat 9AM-5PM** **Thurs 9AM-7PM** **Sunday Closed**

Phone: (657) 667-6455 Fax: (714) 620-7995

February 2020 Calendar

rev: 1-24-20

*Calendar Subject to Change

www.WellnessCenterWest.org

*Classes repeat each week unless specific dates are noted

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>**We are closed on Wednesday, 2/15/20 **We are closed on Monday, 2/17/20 Please reference our stuffer for all outings and special events</p> <p>10-11:00 Living & Thriving (AA) 10-11:30 Narcotics Anonymous (MR) 11-12:00 Philosophy (LR) Walk For Wellness (OS) 11:00-12:30 "Vietnamese" DBSA Nhóm Hỗ Trợ Tinh Thần</p> <p>12-1:00 Our Musical Playground (MR) 12-1:00 Spanish (AA) 12-2 Bowling @Linbrook Bowl (\$2) (OS) 1:00-2:00 Hatha Yoga (LR) 1:00-2:30 Life Enhancement (MR) 2-3:00 AA Meeting (AA) 2-4:00 Basic Crochet/Knitting (Học đan móc len) (LR) 3-4:00 Power of Positivity SR) 3-4:00 Pathways to Recovery (AA)</p>	<p>Please note that our Member driven Community Meetings are rotated each week: Monday: 2/3/20 Tuesday: 2/11/20 Wednesday: 2/19/20 Friday: 2/28/20 No meetings on Thurs & Sat</p> <p>10-11:00 "Viet" W.R.A.P. (SR) My Pursuit of Happiness (AA) 10-11:30 Healthy Families Series (MR) 11:00-12:00 Chair Yoga (LR) 12:00-1:30 Viet-Media, Arts, Connections (kết nối qua văn nghệ) (LR) 1-2:00 Decision Making Employment (AA) 1-2:00 The Poet's Society (SR) 1-2:30 NAMI Connection (MR) 2-3:00 AA meeting (AA)/ Origami (RC) 3-4:00 "English " Email & Internet Support (CL) 3-4:30 D.B.S.A (MR) Art Connections (AA)</p>	<p>All Social Outings require sign-ups at the front desk. You will need to bring your own lunch/spending money</p> <p>10-11:00 "Vietnamese " Email & Internet Support (CL) 10-11:20 NAMI Connection (MR) 11-12:00 Life Skills (AA) 11-12:00 Smoking Prevention (AA) 12:00-1:00 S.M.A.R.T. GOALS (CL) 12:00-1:00 "Vietnamese" E.S.L (MR) 12:00-1:00 Easy Cooking (CA) 12:00-1:30 Basic Crochet/Knitting (Học đan móc len) (LR) 1-2:00 Relapse Prevention (MR) 1-3:00 Basic Beading (AA) 2-3:00 Hatha Yoga (LR) 2-3:00 Healing & Self-Discovery (AA) 3-4:00 Chair Yoga (LR) 3-4:00 W.O.W. Women's Group (AA)</p>	<p>We're here to help: For all Education related support & FREE online certifications, please talk with Daniela; Volunteering & Employment, schedule an appointment with Denise; Housing information, ask Howie; All other questions chat with Program Director & your M.A.B officials</p> <p>9:30-12:00 Volunteer Outings (OS) 10-11:00 W.R.A.P. (AA) Men's Group (MR) 11-12:00 Continuing Education "Career Path" (CL) 11-12:00 Rainbow Alliance (MR) 11-2:00 Ceramics (AA) 12-1:00 Enlightenment (SR) 1-2:00 Stress Management (MR) 1-2:00 Healing Foods (SR) 2-3:00 Decision Making Employment (AA) 2-3:00 Beginning Spanish (MR) 3-4:00 "English " Email & Internet Support (CL) 3-4:30 Depression Bipolar Support Alliance (MR) 4:30-6:30 WCW Karaoke (LR)</p>	<p>Group Location: AA = Art Academy CA = Culinary Academy CL = Computer Lab LR = Living Room MR = Music Room OS = Off Site SR = Serenity Room</p> <p>9:30-12:30 WU Community Giveback Outing Monarch Foodbank (OS) 10-11:00 Housing Skills (SR) 11-12:00 AA Meeting (AA) 12:00-1:30 Healthy Cuisines (CA) 12-1:00 Anger Management (MR) 1-2:30 Emotions Anonymous (SR) 1-2:00 Tai Chi (LR) 1-2:00 Facilitation 101 (AA) 2-3:00 Bingo Bingo(LR)/ Walk 4 Wellness (OS) 2:30-4:30 Basic Beading (AA) 3-4:00 Wisdom 4 Spiritual Warrior (AA) 3-4:30 WCW Karaoke (LR)</p>	<p>10-11:00 Short-Stories (AA) 10-11:00 Schizophrenia Support Group (AA) 11-1:00 Social Outing (DI SINH HOẠT) (OS): Wellness Center South (2/1/20) 23072 Lake Center Dr. Suite 115 Lake Forest, CA 92630</p> <p>Cypress Outdoor Swap-Meet (2/8/20) 9200 Valley View St., Cypress CA</p> <p>Huntington Beach Library (2/15/20) 7111 Talbert Ave. Huntington Beach CA WCW Friends and Family (2/15/20) "Palentines Day"</p> <p>Buena Park Farmer's Market (2/22/20) 8150 La Palma Ave, Buena Park, CA</p> <p>Oak Canyon Nature Center (2/29/20) 6700 E Walnut Canyon Road, Anaheim</p> <p>11-1:30 Movie Club (xem phim) (LR) 11-12:30 D.B.S.A (MR) 1-3:00 Peer-to-Peer (AA) 2-3:00 Bingo! Bingo! (LR) 3-4:30 WCW Karaoke (LR) 3-4:30 Arts & Crafts Workshop (SR)</p>

Group Description

Emotional support groups -To aid members with establishing their own ability to cope, understand themselves, connect with others, and address their own recovery goals.

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

Art Connection – Members use expressive art and art appreciation techniques to create insightful and fun projects.

Decision Making Employment- This class includes a series of classes requiring active participation and will cover the following topics: personal assessment of previous work experience; a decision tree to aid in the assistance and discovery of career goals, possible further education plan, master application, resume, cover letter, follow up thank letter, telephone etiquette, and professional interview practice. Part 2 (workshop labs) will involve being in the computer lab to apply, research, and work preparations.

DBSA or Viet DBSA- (Depression, Bipolar Support Alliance) Nhóm Hỗ Trợ Tinh Thần - DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders. Nhóm cung cấp hy vọng, sự giúp đỡ, hỗ trợ, và giáo dục để cải thiện cuộc sống của những người có rối loạn tâm trạng

"It's All About You" Men's Group - This group is an open forum to share ideas, concerns, and solutions specifically towards men.

Life Enhancement- This group aim to help members to improve their self-development and processes wherever they're at with their journey in life. Some topics includes: Self-esteem building, Self-worth, Effective Communication, Irrational Guilt, etc. and members will apply CBT techniques for problem solving.

Healing and Self-Discovery-To share knowledge and information with members that will educate and promote understanding within the mental health field including the Psycho-Social Rehabilitation and Recovery Model and Strength Based Models as well as how and why it is important to keep up with our own continuity of care to stay in recovery.

My Pursuit of Happiness- This group is the evolved group of "Creating Wellness", in which members are in control of their destiny and all decision-making transition from recovery to wellness. Members will be involving in the process of reflecting, prioritizing, sorting, and planning for change and affirming progress in their own pursuit of happiness.

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.

NAMI Connections (English) - 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. Please be on time.

NAMI Peer to Peer- This in-person group experience to help others grow. This is a confidential place to learn from shared experiences in an environment of sincere, uncritical acceptance. Recovery is a journey, and there is hope for all people living with mental illness.

Pathway to Recovery-Members will apply useful and practical recovery knowledge and skill directly from the "Pathway to Recovery" workbook.

Rainbow Alliance (LGBT+ and Allies Support) - Attendees are respectfully asked to voluntarily join with a non-judgmental mind and openness. Group's objective is to bring about more social awareness, information, and open discussion for peace and harmony.

Relapse Prevention-Members learn about the causes of relapse and to utilize coping skills for maintaining recovery.

Relationship & Communication - Members explore different types of personal relationships and how to engage in healthy communication.

Schizophrenia Support Group – Following the guidelines of Schizophrenia Alliance, this support group allows members to talk about emotions and experiences and illicit feedback from other participants in a non-judgemental nourishing environment.

Self-Esteem- Give members an overview about what self-esteem is and methods to have and maintain a positive attitude toward themselves and others

SMART Goals-A S.M.A.R.T. goal is defined as one that is specific, measurable, achievable, results-focused, and time- bound. Below is a definition of each of the S.M.A.R.T. goal criteria. Specific: Goals should be simplistically written and clearly define what you are going to do.

Short Stories- This member led group allows participants to explore their creative writing abilities and have fun hearing others tell stories.

Stress Management- Provide members with various techniques and coping skills used to reduce stress, manage conflict resolution, and enhance quality of life.

W.O.W. – "Wisdom Over Worry" Women's Group – This group is an open forum specifically for women from all walks of life to share ideas, concerns, and wisdom from their daily decision making. The focus is to reframe any negative thoughts, excessive worry into positive thinking, feeling, and healthy practices.

W.R.A.P. (Wellness Recovery Action Plan) or Viet W.R.A.P. – 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. Các thành viên biết rằng họ có thể xác định những gì làm cho họ khỏe mạnh và sử dụng Công cụ Sức khỏe của riêng họ để giảm bớt cảm giác khó khăn và duy trì sức khỏe trong một cuộc sống chất lượng cao hơn.

Physical Groups - 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 overall well-being*:

Arts & Crafts Workshop /Origami Club -helps develop motor skills, exercise both sides of the brain; left-logical and right-creativity. Helps us to concentrate and focus on being creative and distract us from problems while creating a wonderful piece of art.

Basic Computer/Typing/Email/Internet Support- This class offers an introduction to all thing's computers, from Microsoft Office, learning how to type, internet browsing, and e-mail as well.

Basic Crochet/knitting- Học đan móc len- Members learn the process of creating fabric by interlocking loops of yarn, thread, or strands of other materials using a crochet hook. This class enhances members' ability to have better focus and concentration and provides relaxation away from their busy schedule. Members learn the basic techniques for knitting and help alleviate symptoms of anxiety, stress and depression. Knitting also helps improve motor functions, slows cognitive decline, and prevents arthritis and tendinitis

Bowling Club- This group invites members to engage in social activities and enjoy some bowling fun in their busy schedule.

Ceramics- make your own two or three-piece plaster mold and learn to use it with slip clay, per month. Molds are a simple way to create simple or complex forms and make multiple copies of them with little effort. We will also demonstrate how to clean the cast piece as well as discuss slip clay recycling, firing and glossing or glazing. No previous experience required.

Community Giveback "Sinh Hoạt Thiện Nguyện" (WU) - Great News Members! WCW is now offering transportation, so you can go volunteer with staff outside in our community. Join us and let's make a difference, one week at a time. Places to visit churches, food banks, local park clean ups, libraries, and other Vendors/Organizations in Orange County.

Easy Cooking on a Budget/ Healthy Cuisines – this class will guide members how to prepare meals on a budget while still being mindful about eating healthy. Participants will learn how to cook & bake easy recipes, receive peer tips and feedback in group sharing on healthy frugal practices.

Hatha Yoga/Chair Yoga – Members learn to create balance in one's body through developing both core strength, flexibility, and breathing. Controlling breath can help improve oxygenation of the body and alleviate stress in some forms. Other elements of Hatha yoga also help with relaxing the body and fighting the stresses of the modern world.

Healing Foods - Share information about healthy cuisine choices with members who feel that cooking is not an option with all the fast food available. To make "living healthy" and "eating a well-balanced diet" not seem like such a hard task to accomplish.

Library Education & Tour: This outing will offer beneficial opportunities to members to visit the local libraries in orange county to access free educational resources.

Smoking Cessation- This group will provide support methods to address both nicotine addiction and nicotine withdrawal symptoms with qualify personnel from smoking prevention programs.

Social Dance/Dance Fitness (Học Nhảy) – This group is designed for a beginner by providing step by step dance moves to follow. This will build self-confidence and encourage physical activity without the stress.

Tai Chi- The purpose of this class is to teach internal Chinese Martial Arts practiced for both its defense training and its health benefits. The movement of Tai chi can help to bring about a state of mental calm and clarity besides general health benefits and stress management.

Continuing Education -This group is used to learn about about local options for continuing education and self-improvement.

Walk for Wellness - (nhóm đi bộ) – Members can explore local trails, lakes, parks and beaches in Orange County while learning the benefits of walking.

Spiritual Groups - Designed to assist members with finding their own personal peace and tranquility while addressing overall member goals related to *values and well- ness*:

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

Guided Imagery Meditation – This class helps guide members how to bring about calmness and reduce stress through deep breathing, meditation, and guided imagery.

Emotions Anonymous (EA) Meetings- a twelve-step organization, similar to Alcoholics Anonymous. People join EA to help themselves better understand their emotions and lead a more manageable life by following the EA program and using the EA materials.

Enlightenment- this group helps members gain self-awareness and evolve spiritually; topics include compassion, forgiveness, hope, joy, hospitality, etc.

"Vietnamese" Strength & Bravery (Nhóm sức mạnh và bản lĩnh)-This group encourages participates to mindfully examine their daily decision-making routines and class encourages members to explore and engage in something new/different each week (different topics/inspirations each week)

Our Musical Playground- Engage members to develop their own sense of musical rhythm and creativity while experiencing principles of cooperation and contribution to the group effort. Creating musical rhythms together promotes relaxation and a sense of achievement. Also known to accelerate physical healing while reducing chronic pain, boost the immune system, reduce tension and stress, and promote overall well-being and mental/emotional health.

Philosophy- To help members learn how to develop solutions to problems. Members will improve communication skills, develop persuasive skills, and understand the beliefs of other through dialogue sharing.

The Poet's Society - Explore why poetry is important and practice the craft of writing poetry.

Power of Positivity -positive thinking self-help platform with topics on inspiration, lifestyle, health, spirituality, relationships & more.

Wisdom for the Spiritual Warrior-This group is based on the four agreements by Don Miguel Ruiz. These s four simple principles toward living a more fulfilling life of self-compassion and acceptance through self-exploration and discussion.

Social Groups- 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*.

Bingo "Chương Trình Lotto" - Members are invited to participate and enjoy a game of chance played with different randomly drawn numbers which players match against numbers that have been pre-printed on 5x5 cards.

Community Meetings- Members driven meetings are for all to learn more about the center with weekly announcements from different activities and groups, and events that are going on in the center and larger community. Members utilize this time to organize and provide democratic sharing and feedback.

Beginning Spanish- Members learn basic and conversational Spanish. Completion of this class will add to member's life skills, cultural understanding, and language proficiency on their resume upon seeking employment/volunteering opportunities.

Facilitation 101 This workshop provides a basic introduction to techniques and tips for facilitation, which are useful for trainings, discussion groups and other formats. It is an introductory workshop, exploring some of the knowledge and skills a facilitator needs to be effective in leading groups. It focuses on presenting the roles of effective facilitation.

Short Stories- Member driven short story reading, writing, and sharing. All are invited to come.

Socialization – Also known as "Unstructured Social Time" provides a great opportunity for members to come out, interact, and make connections with others through playing games, coloring, and creating dialogues in the kitchen, living room, and resource center.

Living & Thriving- This class provides support to members and helps enhance their basic financial skills regarding budgeting, checkbook balancing, coupon clipping, basic grocery shopping skills, etc. Each week we will learn a different aspect of finances to assist member in maintaining their housing.

Housing Skills- this class offers 1) different ways to effectively communicate with managers, neighbors and roommates which will assist members in successfully maintaining housing and 2) provides housing related skills support to members. (Topics includes building rapport with others, boundaries, responsibilities, etc.)

Icebreakers- WCW morning routine to go over the activities for the day and the perfect time to get acquainted with each other to transition into "social time"

Life Skills- Members learn new skills and ideas that will help add quality to their life and share their own wisdom among group discussion. Life skills include ways to manage time productively, shop wisely and budget effectively; as well as organizing, housekeeping, care maintenance, and more!

Movie Club (xem phim) - Members enjoy watching movies both in the community and at the center. Members are encouraged to discuss their thoughts about these movies afterwards.

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

Vietnamese English as a Second Language (Viet E.S.L.) - Members learn basic and conversational English starting from the Vietnamese language. Completion of this class will add to member's life skills, cultural understanding, and language proficiency on their resume upon seeking employment/volunteering opportunities.

Viet-Media, Arts, Connections (kết nối qua văn nghệ)- To promote understanding and connection between Vietnamese members of different age groups through enjoying Vietnamese Media and cultural/language arts with each other

Karaoke – Members share their love for singing and connect with others through music from a variety of genres. No singing skills required.