

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-9:50 Icebreaker (LR) 10-10:50 Chair / Hatha Yoga (LR) 10:30-11:50 WRAP (AA/H)-A 11-11:50 Resilient Journey (AA/H)-B 11-12:50 Crochet & Knitting (LR) 12-12:50 Reflective Journaling (AA/H)-A 12-12:50 Alcoholics Anonymous (MR) 1-1:50 Living and Thriving (AA/H)-A 1-1:50 Women's Group (MR/H)-B 2-2:50 Beginning Spanish (MR) 2:30-3:50 "Nhóm sức mạnh và hy vọng" "Viet" Strength & Hope (SR/H)-A	9-9:50 Icebreaker (LR) 10-10:50 Neighborhood Volunteering 10-10:50 Philosophy (LR) 11-11:50 Anger Management (AA/H)-A 11-11:50 "Kỹ năng sống độc lập" "Viet" Independent Living Skills (MR/H)-B 12-12:50 Tai Chi (LR) 12-1:30 Short Stories (CL/H)-A 1-1:50 8 Dimensions of Wellness (MR/H)-B 2-2:50 "Viet" ESL (CL) 2-2:50 Men's Group (AA/H)-A 2-2:50 Enlightenment (LR) 3-4:30 DBSA (MR/H)-A	9-9:50 Icebreaker (LR) 10-10:50 Life Skills (AA/H)-A 10-10:50 Schizophrenia Support (MR) 10:30-12 Simple Snacks (CA) 11-11:50 Decision Making Employment (AA/H)-A 11-11:50 Our Musical Playground (MR) 12-12:50 Gardening (OS) 12-1:50 Linbrook Bowling(OS)\$2.50 cash 1-1:50 Poet's Society (AA/H)-A 2-2:50 "Kết nối qua văn nghệ" "Viet" Media & Art Connection (LR) 2-3:30 Digital Development (CL) 3-3:50 "Kế Hoạch Hành Động Phục Hồi Sức khỏe" "Viet" WRAP (AA/H)-A 4:00-5:00 The Center is closed.	9-9:50 Icebreaker (LR) 10-10:50 Neighborhood Volunteering 10-10:50 Healthy Living (AA/H)-A 10:30-1:50 Social Outing (OS) 11-11:50 Healing Foods (AA/H)-A 11-11:50 Relationships & Communication (MR/H)-B 12-12:50 Chair / Hatha Yoga (LR) 1-1:50 Life Enhancement (MR/H)-A 2-2:50 Happy Harmony (AA/H)-A 3-3:50 Codependents Anonymous (SR) 3-3:50 "Viet" Computer Support (CL) 3-4:30 Art Connections (AA) 4:30-6:30 Karaoke (LR)	9-9:50 Icebreaker (LR) 10-10:50 Neighborhood Volunteering 10-10:50 Present Priorities (AA/H)-A 11-11:50 Dual Recovery (MR/H)-A 11-11:50 Walk 4 Wellness(OS) 12-12:50 Gardening (OS) 12-12:50 Rainbow Alliance (MR/H)-A 1-1:50 Supported Education (AA/H)-A 1-1:50 Alcoholics Anonymous (MR) 2-2:50 Emotions Anonymous (AA/H)-A 2-2:50 Bingo Bingo! (LR) 3-4:30 Karaoke (LR)	9-9:50 Icebreaker (LR) 10-11:30 DBSA (MR/H)-A 10-12:50 Social Outing (OS) 11-12:50 Movie Club (LR) 12-1:50 Creative Arts & Crafts (LR) 1-1:50 Animal Allies (AA/H)-A 2-2:50 Bingo Bingo! (LR) 3-4:30 Karaoke (LR)
Highlight Key: New / Returning Group Group Time Change Name Change					Room Abbreviations: Art Academy (AA) Serenity Room (SR) Music Room (MR) Computer Lab (CL) Culinary Academy (CA) Living Room (LR) Offsite (OS) Hybrid (XX/H)-A or B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11-12 p.m. Community Meeting 12-12:30 p.m. Chat with MAB	For more information visit our website: www.WellnessCenterWest.org	Awareness Calendar 1st New Year's Day 11th Human Trafficking Awareness Day 17th MLK Day	Community Meetings (CM) are hosted by MAB in the Living Room. Groups are subject to change for events, CM & presentations.	See staff and MAB for any feedback on the calendar. Chat with MAB is a time to ask questions & give feedback.	The Wellness Center will be CLOSED in observance of New Year's Weekend
Resume-building and employment readiness appointments available with Employment Specialist Denise.	10-11 a.m. Neighborhood Volunteering	10-11:30 a.m. New Year's Brunch 12-3 p.m. Linbrook Bowling (\$3)	10-11 a.m. Neighborhood Volunteering 10:30 a.m.- 2 p.m. Social Outing Porto's Café & The Source 7640 Beach Blvd, Buena Park 12-12:30 p.m. Chat with MAB	10-11 a.m. Neighborhood Volunteering 11-12 p.m. Community Meeting 1-1:30 p.m. Chat with MAB	10 a.m.- 1 p.m. Social Outing Shore Line Aquatic Park 200 Aquarium Way, Long Beach (bring lunch for picnic)
School readiness & education support appointments available with Education Specialist Cameron on Fridays & Saturdays.	10-11 a.m. Neighborhood Volunteering 10-11 a.m. MAB Meeting 11-12 p.m. Community Meeting 12-1 p.m. Chat with MAB	11-1 p.m. Valued Volunteer Recognition Gala	10-11 a.m. Neighborhood Volunteering 10:30 a.m.- 2 p.m. Social Outing Huntington Beach Library 7111 Talbert Ave, HB	10-11 a.m. Neighborhood Volunteering	10 a.m.- 1 p.m. Social Outing Anaheim Packing District 440 S Anaheim Blvd, Anaheim 12-12:30 p.m. Chat with MAB
The Wellness Center will be CLOSED in observance of Dr. Martin Luther King Jr. Day	10-11 a.m. Neighborhood Volunteering	11-12 Community Meeting Presentation - Youth Build: "Program & Services" 12-12:30 p.m. Chat with MAB 12-3 p.m. Linbrook Bowling (\$3)	10-11 a.m. Neighborhood Volunteering 10:30 a.m.- 2 p.m. Social Outing Orange County Zoo (\$3) 1 Irvine Park Rd, Orange 11-11:30 a.m. Chat with MAB	10-11 a.m. Neighborhood Volunteering	10 a.m.- 1 p.m. Social Outing Colorado Lagoon Park 5059 E Colorado St, Long Beach (bring lunch for picnic) 1-1:30 p.m. Chat with MAB
12-12:30 p.m. Chat with MAB	10-11 a.m. Neighborhood Volunteering 10-11 a.m. Chat with MAB	10-11 a.m. MAB Agenda Planning 12-3 p.m. Linbrook Bowling (\$3)	10-11 a.m. Neighborhood Volunteering 10:30 a.m.- 2 p.m. Social Outing LA Flower District (\$2) 846 San Julian St, Los Angeles	10-11 a.m. Neighborhood Volunteering 11-12 p.m. Community Meeting 1-1:30 p.m. Chat with MAB	10 a.m.- 1 p.m. Social Outing Asian Garden Mall 9200 Bolsa Ave, Westminster

Go to Webex.com to download the app on your computer or mobile device.
Dial in Phone # 1(415) 655-0001. Enter the unique Meeting ID & Meeting Password

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

8 Dimensions of Wellness - reviews holistic integration of physical, mental, and spiritual well-being; we will explore what fuels the body, engage the mind, and nurtures the spirit to increase awareness and balance to aid you to become the best kind of person that your potentials and circumstances will allow.

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

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.

Relationships & Communication -focuses on the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict. It can also help you to connect with your feelings, turn intention into action, and make informed decisions about what matters most to you.

"It's All About You" Men's Group - This group is an open forum to share ideas, concerns, and solutions specifically towards men. Topics may include masculinity, sports, news, and more.

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.

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Present Priorities- Without clear priorities, it's difficult to [manage your time](#) and make progress on your goals. You might even be overwhelming yourself by trying to take on too many responsibilities. Once you're clear on your priorities, you'll be able to make better and quicker decisions that guide your life choices. Let's talk about those present priorities today!

Resilient Journey- Each journey starts with the first step. This is a supportive group where members empower each other and focuses on strength-based approaches.

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-judgmental nourishing environment.

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) – Members learn that they can identify what makes them well and use Wellness Tools to relieve difficult feelings and maintain wellness in a higher quality of life. **Kế Hoạch Hành Động Phục Hồi Sức Khỏe (Viet WRAP)** 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.

Spiritual Groups -Designed to aid members with finding their own personal peace and tranquility while addressing overall member goals related to values and wellness:

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

Codependents Anonymous-Through peer support individuals learn to share their experience with each other and apply spiritual principles contained in the twelve steps. Members learn to build and maintain healthy nurturing relationships with themselves and with others.

Dual Recovery - An interactive group for members to support each other and share their experiences for overcoming the challenges of mental health and addiction.

Emotions Anonymous (EA)- a twelve-step organization, like Alcoholics Anonymous. People join EA to help themselves better understand their emotions and lead a more manageable life.

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

Happy Harmony- So many of us are unaware of the impact we have on the people around us. Being self-aware and practicing daily reflection and introspection allows each of us the opportunity to find what we really want out of this precious life and creating that happy harmony. Let's explore how mindfulness can help us achieve all of that.

Nhóm sức mạnh và hy vọng (Vietnamese Strength & Hope) This group encourages participants 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)

Philosophy-To help members 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.

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:

Animal Allies– Members will talk about their pets, stories in the news, nature articles, anything about animals.

Art Connections/Creative Beading & Crafts -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.

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.

Community Meeting– This important weekly meeting is for all members to learn more about the center as they get updates on the center, different activities and groups, and events that are going on in the community. Members also get to meet the staff and interact with them.

Decision Making Employment - This group includes a series of topics requiring active participation and will cover personal assessment of previous work experience; a decision tree to aid in the discovery of career goals, possible further education plan, master application, resume, cover letter, follow up thank letter, telephone etiquette, and professional interview practice.

English as a Second Language – Anh Việt Ngữ (ESL) - This class provides tutoring to members with Vietnamese as their first language who want to improve their English (as a second language) speaking skills.

Healthy Living - Sharing everyday strategies and benefits for healthy body and mind.

Icebreakers -Members will gather to discuss their day and plans for the daily events at the center. Get to know each other in a light-hearted setting.

Kết nối qua văn nghệ “Viet Media Art Connection”- Thời gian tương tác thú vị để chia sẻ thơ và truyện ngụ ngôn từ khắp nơi trên thế giới. Interactive time to share music and art from around the world.

Kỹ năng sống độc lập “Viet Independent Living Skills” - Các thành viên sẽ học cách kiểm tra các lựa chọn thay thế và đưa ra quyết định sáng suốt và định hướng cuộc sống của chính họ. Members will learn how to have the ability to examine alternatives and make inform decisions and direct their own lives.

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!

Living & Thriving - This class provides support to members and helps enhance their basic financial skills on budgeting, grocery shopping, housing, etc.

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

Movie Club “xem phim” - Members enjoy watching movies at the center. Members are encouraged to discuss their thoughts about these movies afterwards.

Rainbow Alliance (LGBT+ and Allies Support) – This group that provides for the concerns and interests of marginalized sexual orientations and gender identities including but not limited to the Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, and the Allied community. This group fosters an atmosphere of awareness and acceptance of all individuals.

Reflective Journaling - Reflective journaling provides a channel of inner communication that connects beliefs, feelings and actions which allows us to develop our knowledge and understanding of life experiences. This creates effective learning conditions that result in self-discovery. We look forward to sharing this activity with you this week.

Short Stories– Members can flex their creative writing muscles in this collegial and encouraging group. Share ideas, take feedback, and improve your writing style with us.

Supported Education- This group is used to learn about local options for continuing education and enriching our knowledge, opportunities in life, and so much more.

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

Physical Groups- Designed to promote the ability to achieve a healthy quality of life, while addressing overall member goals related to physical health, nutrition, and overall well-being:

Bingo “Chương Trình Lotto” - Members are invited to participate and enjoy a game of chance played with different randomly drawn numbers matched against numbers printed on 5x5 cards.

Digital Development Workshops - Will involve being in the computer lab to apply, research, and work preparations. Get personalized support from staff to achieve your education & employment goals.

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.

Simple Snacks/Easy Cooking– 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.

Healing Foods- Members will explore the philosophy, tips and tricks and practical matters of eating for wellness.

Neighborhood Volunteering- Sinh Hoạt Thiện Nguyện” (WU) - Members will join staff in a daily community giveback activity and have fun while doing it!

Gardening (làm vườn) – This class integrates the “garden” into our human culture and civilization. This class teaches members about gardening, agriculture, and how to take care of our natural resources. Members will enjoy outdoor time, work collaboratively among other members, and get their daily dose of Vitamin D.

Our Musical Playground - Engages members to develop their own sense of musical rhythm and creativity while experiencing principles of cooperation and contribution to the group effort.

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 in addition to general health benefits and stress management.

Walk 4 Wellness (nhóm đi bộ) – Members can explore local trails, lakes, parks, and beaches in Orange County while learning the benefits of walking.

Chair / Hatha 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.