

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Community Meetings (LR): 10 – 10:45 a.m. <i>Groups scheduled at the same time as CM are shortened to end at 11:30 a.m. for that day.</i>	Employment Specialist hours: Tuesday - Saturday 1 - 4 P.M.	1 10 - 11 a.m. Neighborhood Volunteering	2 10 - 1 P.M. Lantern Festival 600 Town Center Drive. Costa Mesa, CA
4 1 - 3 p.m. Linbrook Bowling 🎳 (\$3.00) 10 – 10:45 a.m. Community Meeting	5 10 - 11 a.m. Dog walking 🐕 Volunteering	6 12 - 2 p.m. Linbrook Bowling 🎳 (\$3.00)	7 10:30 - 2 P.M. OC Zoo (\$3) 1 Irvine Park Rd., Orange, CA	8 10 - 11 a.m. Neighborhood Volunteering	9 10 - 1 P.M. Family Art Festival 5290 Cameron Dr. Buena Park, CA
11 1 - 3 p.m. Linbrook Bowling 🎳 (\$3.00)	12 10 - 11 a.m. Neighborhood Volunteering 10 – 10:45 a.m. Community Meeting 1 - 4 P.M. STARLIGHT CINEMA (\$5.00) 12111 Valley View St. Garden Grove, CA	13 11:30 – 12:30 P.M. NAMI OC Warmline (English) 12 - 2 p.m. Linbrook Bowling 🎳 (\$3.00)	14 10:30 - 2 P.M. Irvine Spectrum 670 Spectrum Center Dr., Irvine, CA 2 - 3:15 p.m. Goodwill Job Club: Decision Making 2 – 2:50 p.m. Yoga at the Park	15 10 - 11 a.m. Neighborhood Volunteering	16 10 - 1 P.M. Sugar Lane Dessert Festival 201 W. Center Street Promenade Anaheim, CA
18 10 - 11 a.m. Laura's House: Human Trafficking 1 - 3 p.m. Linbrook Bowling 🎳 (\$3.00)	19 10 - 11 a.m. Dog walking 🐕 Volunteering 11:30 – 12:30 p.m. New Lungs Presentation	20 10 – 10:45 a.m. Community Meeting 12 - 2 P.M. WCS Nowruz Celebration 	21 10 – 12p.m. Virtual MHSA PAC: Child and Youth Mental Health 12:30 - 3 P.M. WCC Health & Resource Fair 	22 10 - 11 a.m. Neighborhood Volunteering 10- 2 p.m. WCW Outing: Camelot Mini Golf/ Laser Tag (RSVP by March 15th) 	23 10 - 1 P.M. Buena Park Farmer's Market 8000 La Palma Ave., Buena Park, CA
25 1 - 3 p.m. Linbrook Bowling 🎳 (\$3.00)	26 10 - 12 p.m. Seal Beach Cleanup Volunteering (15 1 st St, Seal Beach) 11-11:50 DOR Presents: Employment Support (Vietnamese)	27 12 - 3 P.M. WCW Talent Show 	28 10 – 10:45 a.m. Community Meeting 10:30 -2 P.M. Laguna Lake Park 3120 Lakeview Dr. Fullerton, CA	29 10 - 11 a.m. Neighborhood Volunteering 10 - 12 a.m. The Hope Card Project: Card Making	30 10 - 1 P.M. Cypress Swapmeet 9200 Valley View St., Cypress, CA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 - 9:50 a.m. Icebreaker (LR)	9 - 9:50 a.m. Icebreaker (LR)	9 - 9:50 a.m. Icebreaker (LR)	9 - 9:50 a.m. Icebreaker (LR)	9 - 9:50 a.m. Icebreaker (LR)	9 - 9:50 a.m. Icebreaker (LR)
10 - 10:50 a.m. Peer Empowerment (LR)	10 - 10:50 a.m. Chair / Hatha Yoga (LR)	10 - 10:50 a.m. About You and Me (LR)	10 - 10:50 a.m. Philosophy (AA)	10 - 10:50 a.m. Codependents Anonymous (SR)	10 - 10:50 a.m. Anger Management (AA/H)-A
11 - 11:50 a.m. Cartoon Drawing (AA)	Món ăn nhẹ Việt Nam Simple Snacks (CA)	Life Skills (AA/H)-A	10:30 - 2 p.m. Social Outing (OS)	Neighborhood Volunteering (OS)	Dance Celebration (LR)
Healing & Self-Discovery (MR/H)-A	Volunteering (OS)	Schizophrenia Support Group (MR)	11 - 11:50 a.m. Decision Making Employment (CL/H)-B	Successful Strategies (AA/H)-A	10 - 1:00 p.m. Social Outing (OS)
11 - 12:50 a.m. Crochet & Knitting (LR)	11 - 11:50 a.m. Anger Management (AA/H)-A	11 - 11:50 a.m. Our Musical Playground (MR)	Relationships & Communication (MR/H)-A	10:30 - 12:00 p.m. Simple Snacks (CA)	11 - 12:30 p.m. NAMI Connection (AA)
12 - 12:50 p.m. Emotions Anonymous (SR/H)-A	Crochet & Knitting (LR)	Self-Esteem (AA/H)-A	Vietnamese" Women's Group (SR)	11 - 11:50 a.m. Alcoholics Anonymous (MR)	11 - 12:50 p.m. Films with Friends (LR)
Living Your Best Life (AA/H)-B	Open Socialization: Media & Art Connection (LR)	Women's Group (SR/H)-B	12 - 12:50 p.m. Gardening (OS)	Gardening (OS)	12 - 1:30 p.m. Open Socialization: Arts and Crafts (RC)
1 - 1:50 p.m. Ceramic Painting (AA)	12 - 12:50 p.m.	12 - 12:50 p.m. Gardening (OS)	Positive Thinking (AA/H)-B	Short Stories (CL)	1 - 1:50 p.m. Animal Allies (AA/H)-A
Life Enhancement (MR/H)-A	Tai Chi (LR)	Poet's Society (AA)	1 - 1:50 p.m. Reflective Journaling (MR/H)-A	12 - 1:30 p.m. DBSA (AA/H)-B	Beginning Spanish (SR)
1 - 3:00 p.m. Linbrook Bowling (OS) - \$3.00 cash	Beading (AA)	12 - 1:50 p.m. Linbrook Bowling (OS) \$3.00 cash	1:30 - 2:50 p.m.	1 - 1:50 p.m. Walk 4 Wellness (OS)	1 - 2:30 p.m. Simple Snacks (CA)
2 - 2:50 p.m. Dual Diagnosis (MR)	1 - 1:50 p.m. 8 Dimensions of Wellness (MR/H)-A	1 - 1:50 p.m. Beginning Piano Group (LR)	Vietnamese Social Hour (RC)	Video Game Group (LR)	2 - 2:50 p.m. Bingo! (LR)
Enlightenment (LR)	Resilient Journey (AA/H)-B	Managing Anxiety (AA/H)-A	2 - 2:50 p.m. Chair / Hatha Yoga (LR)	1 - 2:50 p.m. Open Socialization: Puzzles / Legos (RC)	3 - 4:30 p.m. Karaoke (LR)
2:00 - 3:30 p.m. "Nhóm sức mạnh và hy vọng" "Viet" Strength & Hope (SR)	Video Game Group (LR)	Narcotics Anonymous (SR)-B	Open Socialization: Media & Art Connection (LR)	2 - 2:50 p.m. Bingo!	
3 - 3:50 p.m. Chair/Hatha Yoga (LR)	2 - 2:50 p.m. Men's Group (MR/H)-A	2 - 2:50 p.m. "Kết nối qua văn nghệ" "Viet" Media & Art Connection (LR)	3 - 3:50 p.m. Beginning Spanish (AA)	Supported Education (AA/H)-B	
4 - 4:50 p.m. Karaoke (LR)	Walk 4 Wellness (OS)	WRAP (SR)	Guided Imagery/Meditation (SR)	3 - 4:30 p.m. Karaoke (LR)	
	2:30 - 4:30 p.m.	Beginning Art (AA)	Tech Tutor (CL)		
	Films with Friends (LR)	3 - 3:50 p.m. "Viet" Nhóm Hỗ Trợ Tinh Thần DBSA (SR)	3:30 - 4:30 p.m. Community Mental Health Night (AA)		
	3 - 3:50 p.m.	Alcoholics Anonymous (AA)	4:30 - 6:30 p.m. Karaoke (LR)		
	DBSA (SR/H)-A				

Room Abbreviations:
 Art Academy (AA) | Computer Lab (CL)
 Culinary Academy (CA) | Living Room (LR)
 Music Room (MR) | Offsite (OS)
 Serenity Room (SR)
 Hybrid (XX/H)-A or B or C

Highlight Key:
 New / Returning Group
 Time Change Name Change