

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 12 - 2 P.M. Linbrook Bowling 🎳 (\$3) 2 - 3 P.M. MHSA Community Planning 401 S. Tustin St. Building C Orange, CA 92866	2 10:30 - 1 P.M. Anaheim Farmers Market 131 W. Center Street Promenade Anaheim, CA	3 9:30 - 12:30 P.M. Crystal Cove State Beach Crystal Cove Trail Newport Beach, CA 1 - 2 P.M. Neighborhood Volunteering	4 10 - 1 P.M. Buena Park Farmer's Market 8000 La Palma Ave., Buena Park, CA 
6 10 - 10:45 A.M. Community Meeting 1 - 3 P.M. Linbrook Bowling 🎳 (\$3.00)	7 10 - 11 A.M. Dog walking 🐕 Volunteering	8 12 - 2 P.M. Linbrook Bowling 🎳 (\$3)	9 10:30 - 1 P.M. Sculpture Exhibition Civic Park 100 Civic Center Dr. Newport Beach, CA 2 - 3:15 P.M. Goodwill Job Club: Growth Mindset	10 9:30 - 12:30 P.M. El Dorado Nature Center 7550 E. Spring St. Long Beach, CA 1 - 2 P.M. Neighborhood Volunteering	11 10:30 - 2 P.M. El Ranchito Spring Fair 4040 N. Bellflower Blvd. Long Beach, CA
13 1 - 3 P.M. Linbrook Bowling 🎳 (\$3.00)	14 10 - 10:45 A.M. Community Meeting 10 - 11 A.M. Neighborhood Volunteering 1 - 4 P.M. STARLIGHT CINEMA (\$5) 12111 Valley View St. Garden Grove, CA	15 12 - 2 P.M. Linbrook Bowling 🎳 (\$3)	16 10 - 1 P.M. MHSA PAC Meeting 750 The City Dr. South Ste 130 Orange, CA 10:30 - 1 P.M. Huntington Beach Pier Main St. & PCH Huntington Beach, CA	17 10 - 12 P.M. WCS Education Fair 23072 Lake Center Dr. Ste #115 Lake Forest, CA 92630	18 10 - 1 P.M. Cypress Swapmeet 9200 Valleyview St. Cypress, CA
20 10 - 11 A.M. Laura's House: Empathy 1 - 3 P.M. Linbrook Bowling 🎳 (\$3.00)	21 10 - 11 A.M. Dog walking 🐕 Volunteering 11:30 - 12:30 P.M. New Lungs Presentation	22 10 - 10:45 A.M. Community Meeting 11-11:50 SSDI Work Incentives & Employment 12 - 2 P.M. Linbrook Bowling 🎳 (\$3.00)	23 10:30 - 1 P.M. UCI Jack/Shanaz Museum of Art 18881 Von Karman Irvine, CA	24 9:30 - 12:30 P.M. Roger's Garden 2301 San Joaquin Hills Rd. Corona Del Mar, CA 1 - 2 P.M. Neighborhood Volunteering	25 10 - 1 P.M. Strawberry Festival 12732 Main St. Garden Grove, CA 
	28 10 - 12 P.M. Seal Beach Cleanup Volunteering (15 1 st St, Seal Beach)	29 1-3 P.M. Member Appreciation Day 	30 10 - 10:45 A.M. Community Meeting 10:30 - 2 P.M. Laguna Lake Park 3120 Lakeview Dr. Fullerton, CA	31 1 - 2 P.M. Neighborhood Volunteering 12 - 1:30 P.M. WCC Member Appreciation Carnival 401 S. Tustin St. Building C Orange, CA 92866	Community Meetings (LR): 10 - 10:45 A.M. <i>Groups scheduled at the same time as CM are canceled for that day.</i> <u>Education Specialist hours:</u> Tue. - Weds. 1 - 4 P.M. Fri. 10:15 - 11:15 A.M. / Sat. 11 - 12 P.M. <u>Employment Specialist hours:</u> Monday - Friday 2 - 4 P.M.

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