10-11:20 NA Group (MR)/ 11-11:20 Philosophy (LR)

12-12:50 Relapse Prevention (MR) / Spanish (AA)

12-1:50 Bowling Club @ Linbrook Bowl (\$2) (OS)

2-2:50 W.O.W Women's Group (AA) / AA Meeting (SR)

2-3:50 Basic Crochet/Knitting (Hoc dan móc len) (LR)

3-3:50 Power of Positivity (AA) / Smoking Prevention (MF

11:20-12:00 Community Meeting (LR)

12-12:30 Brand New Day Presentation

2-3:50 Library Education & Tour (OS)

La Palma Branch Library, La Palma, CA

1:30-2:50 Life Enhancement (MR)

1-1: 50 Hatha Yoga (LR

'Viet" W.R.A.P. (SR) / Relationship & Communication (MR)

11:30-1:30 outing: Cerritos Indoor Swap-Meet

(kết nối qua văn nghệ) (LR)

2-2:50 Basic Computer & Typing (CL) / Origami Club (RC)

2-2:50 The Poet's Society (SR) / AA meeting (AA)

10:45-11:20 Chair Yoga (LR)

1:30-3 NAMI Connection (MR)

12-12:50 "It's All About You" Men's Group (AA)

12:30-1:30 Our Musical Playground (MR)

12:45-1:50 Viet-Media, Arts, Connections

1-1:50 Decision Making Employment (AA)/

3-4:30 D.B.S.A (MR) / Art Connections (AA)

11-1 WCW Halloween Party

1:30-2:30 Email & Internet Support (CL) 1:30-2:30 Email & Internet Support (SE)

2-4 Costume Contest @ WCC (OS)

4:30-6:30 WCW Karaoke (LR)

2-2:50 Decision Making Employment (AA)

## Wellness Center West Hours of Operation: Monday-Saturday 9AM-5PM 11277 Garden Grove Blvd, Suite 101A, Garden Grove, CA, 92843 Phone: 657-667-6455 Fax: 714-620-7995 Thursday: 9AM-7PM, Sunday Closed +Monday Tuesday Wednesday Thursday Friday Saturday 10-10:50 My Pursuit of Happiness (AA) 9:30-12:30 WU Community Giveback Outing www.WellnessCenterWest.org 10-10:50 (Vietnamese) Strength & Bravery 9-12 WU Second Harvest Food Bank (OS) "Viet" W.R.A.P. (SR) / Relationship & Communication (MR) Nhóm sức manh và bản lĩnh (AA) 10-10:50 Drawing (LR) / W.R.A.P. PLUS (AA) Monarch Foodbank (OS) 10-10:50 Dance Fitness (LR) We're here to help: 10:45-11:20 Chair Yoga (LR) 10-10:50 W.R.A.P.(AA) / Housing Skills (SR) 10-10:50 Arts & Crafts Workshop (LR) 10-11:45 Pathways to Recovery (LR) 11-11:50 Vocational Education (CL) For all Education related support & FREE 11-11:50 AA Meeting (AA) 11-1:30 Movie Club (xem phim) (LR) 10-11:20 NAMI Connection (MR) 11-11:50 Stress Management (SR) 12:30-1:30 Our Musical Playground (MR) 11:30-12:50 Simple Cuisine (CA) 1-1:50 Tai Chi (LR) 11-1:50 Ceramics (AA) 12-12:50 Social Dance (LR) / Enlightenment (SR) online certifications, please talk with Quinn; 10-1 Museum: Annenburg Space for Photography 12-12:50 "It's All About You" Men's Group (AA) 12-12:50 Anger Management (MR) 1:30-3:30 Social Outing (DI SINH HOAT) (OS): 11-11:50 Life Skills-"Self-Esteem" (AA) Volunteering, Resumes, Employment, schedule 12:45-1:50 Viet-Media, Arts, Connections 1:30-2:30 Email & Internet Support (CL) 1-1:50 Tai Chi (LR) 11:30-12:20 D.R.A. Support Group (SR) **UCI Art Gallery Opening Reception** an appointment with Denise (kết nối qua văn nghệ) (LR) 2-2:50 Decision Making Employment (AA) 1-2:20 Emotions Anonymous (SR)/ Facilitation 101 (AA) 12-12:50 SMART GOALS (CL) **UCI University Arts Gallery** 1-1:50 Decision Making Employment (AA)/ (Tuesday/Thursday/Friday); 2-2:50 Hatha Yoga (LR) / Beginning Spanish (MR) 2-2:50 BINGO BINGO (LR) / Walk for Wellness (OS) 12:30-1:50 Basic Crochet/Knitting (Hoc đan móc len) (LR) 1:30-3 NAMI Connection (MR) 712 Arts Plaza, Irvine 3-3:50 Chair Yoga (LR) / Walk for Wellness (OS) Housing information, ask Mary; 2:30-4:30 Basic Beading (AA) 1-2:50 W.R.A.P. Plus Training (AA) 2-2:50 Basic Computer & Typing (CL) / Origami Club (RC) 3-4:30 Depression Bipolar Support Alliance (MR) 3-3:50 Wisdom 4 Spiritual Warrior (SR) 2-2:50 Bingo! Bingo! (LR) 3-4:30 WCW Karaoke (LR) 2-2:50 Hatha Yoga (LR) / Relapse Prevention (MR) All other questions chat with 2-2:50 The Poet's Society (SR) / AA meeting (AA) 4:30-6:30 WCW Karaoke (LR) 3-4:30 WCW Karaoke (LR) 2:30-4:00 "Vietnamese" DBSA Nhóm Hỗ Trơ Tinh Thần Program Directors & your M.A.B officials. 3-4:30 D.B.S.A (MR)/ Art Connections (AA) 3-3:50 Chair Yoga (LR) / Healing & Self-Discovery (AA) 10-10:50 "Vietnamese" Strength & Bravery 10-10:50 Dance Fitness (LR) 10-10:50 Living & Thriving (AA) 10-10:50 My Pursuit of Happiness (AA) 10 9-12 WU **HEMOPETS (OS)** 1 9:30-12:30 WU Community Giveback Outing 10-11:30 Arts & Crafts Workshop (LR)) 10-11:20 NA Group (MR) "Viet" W.R.A.P. (SR) / Relationship & Communication (MR) Nhóm sức manh và bản lĩnh (AA) Monarch Foodbank (OS) 11-1 WCW Wellness & Community Resource Fair 1-11:50 Philosophy (LR) /11:30-12:50 Easy Cooking (CA) 10:45-11:20 Chair Yoga (LR) 10-11:45 Pathways to Recovery (LR) 10-12:50 Social Outing (DI SINH HOAT) (OS): 10-10:50 W.R.A.P. (AA) / Housing Skills (SR) Proof Proof 12-12:50 Relapse Prevention (MR) Spanish (AA) 10-11:20 NAMI Connection (MR) 11:20-12:00 Community Meeting (LR) 11-11:50 AA Meeting (AA) **Wellness Center South** 12-1:50 Bowling Club @ Linbrook Bowl (\$2) (OS) 12:30-1:30 Our Musical Playground (MR) 10-1 Museum: The Broad (OS) 11:30-12:50 Simple Cuisine (CA) 23072 Lake Center Dr Suite 115. 12-12:50 "It's All About You" Men's Group (AA) 11-11:50 Life Skills-"Self-Esteem" (AA) 12-12:50 Anger Management (MR) 1:30-2:30 Email & Internet Support (CL) Lake Forest, CA 92630 1-1: 50 Hatha Yoga (LR 12:45-1:50 Viet-Media, Arts, Connections 1-1:50 Tai Chi (LR) 11:30-12:20 D.R.A. Support Group (SR) 2-2:50 Decision Making Employment (AA) (kết nối qua văn nghệ) (LR) 1:30-2:50 Life Enhancement (MR) 12-12:50 SMART GOALS (CL) 1-2:20 Emotions Anonymous (SR) Facilitation 101 (AA) 2-2:50 Hatha Yoga (LR) / Beginning Spanish (MR) 1-1:50 Decision Making Employment (AA)/ 2-2:50 W.O.W.-Wisdom Over Worry-Women (AA) 12:30-1:50 Basic Crochet/Knitting (Hoc đan móc len) (LR) 2-2:50 BINGO BINGO (LR) / Walk for Wellness (OS 11-1:30 Movie Club (xem phim) (LR) 3-3: 50 Chair Yoga (LR) / Walk for Wellness (OS) 1:30-3 NAMI Connection (MR) 2-2:50 AA Meeting (SR) 1-2:50 W.R.A.P. Plus Training (AA) 2:30-4:30 Basic Beading (AA) 11-12:30 D.B.S.A (MR) 3-4:30 Depression Bipolar 2-2:50 Basic Computer & Typing (CL) Origami Club (RC) 3-3:50 Wisdom 4 Spiritual Warrior (SR) 1-1:50 Tai Chi (LR) 2-3:50 Basic Crochet/Knitting (Hoc dan móc len) (LR) 2-2:50 Hatha Yoga (LR) / Relapse Prevention (MR) Support Alliance (MR) 2-2:50 The Poet's Society (SR) / AA meeting (AA) 2-2:50 Bingo! Bingo! (LR) 3-3:50 Power of Positivity (AA) / Smoking Prevention 2:30-4:00 "Vietnamese" DBSA Nhóm Hỗ Trợ Tinh Thần 3-4:30 WCW Karaoke (LR) 4:30-6:30 WCW Karaoke (LR) 2:30-4 Volunteering @ St. Anselm's Church (OS) 3-3:50 Chair Yoga (LR) / Healing & Self-Discovery (AA) 3-4:30 WCW Karaoke (LR) World Mental Health Day 3-4:30 D.B.S.A (MR) / Art Connections (AA) 18 9:30-12:30 WU Community Giveback Outing 15 10-10:50 My Pursuit of Happiness (AA) 16 10-10:50 "Vietnamese" Strength & Bravery 17 10-2 WU Coastal Clean Up (OS) 19 10-10:50 Dance Fitness (LR) 'Viet" W.R.A.P. (SR) / Relationship & Communication (MR) SSI/SSDI Benefits Presentation (AA) The Wellness Center is closed for Monarch Foodbank (OS) 10-10:50 Arts & Crafts Workshop (LR) 10-11 WELL Program: "Suicide Prevention 10:45-11:20 Chair Yoga (LR 10-11:45 Pathways to Recovery (LR) 10-10:50 W.R.A.P.(AA) /Housing Skills (SR) 10-10:50 Drawing (LR) / W.R.A.P. PLUS (AA) Columbus Day / Indigenous Peoples' Day 12-12:50 "It's All About You" Men's Group (AA) 11-11:50 AA Meeting (AA) 10-11:20 NAMI Connection (MR) 11-1 (WCW) Friends and Family 11-11:50 Vocational Education (CL) 12:30-1:30 Our Musical Playground (MR) 11:30-12:50 Simple Cuisine (CA) 11-11:20 Life Skills-"Self-Esteem" (AA) 11-11:50 Stress Management (SR) Birthday Celebration "The Great Pumpkin" 12:45-1:50 Viet-Media, Arts, Connections 12-12:50 Anger Management (MR) 11:20-12:00 Community Meeting (LR) 11-1:50 Ceramics (AA) (kết nối qua văn nghệ) (LR) 1-1:50Tai Chi (LR) 12-12:50 SMART GOALS (CL) 12-12:50 Social Dance (LR) / Enlightenment (SR) 1-1:50 Decision Making Employment (AA)/ 1-2:20 Emotions Anonymous (SR) Facilitation 101 (AA) 12-2:50 Social Outing (DI SINH HOAT) (OS): 12:30-1:30 Basic Crochet/Knitting (Hoc dan móc len) (LR) 1:30-2:30 Email & Internet Support (CL) 1:30-3 NAMI Connection (MR) 2-2:50 BINGO BINGO (LR) / Walk for Wellness (OS) AIB2B Multicultural Health & Wellness Fest 1-2:50 W.R.A.P. Plus Training (AA) 2-2:50 Basic Computer & Typing (CL) Origami Club (RC) 2-2:50 Decision Making Employment (AA) 2:30-4:30 Basic Beading (AA) The Source OC, 6940 Beach Blvd, Buena Park 2-2:50 The Poet's Society (SR) / AA meeting (AA) 2-2:50 Hatha Yoga (LR) / Beginning Spanish (MR) 1-3 Job Fair @ WCC (OS) 3-3:50 Wisdom 4 Spiritual Warrior (SR) 3-3: 50 Chair Yoga (LR) / Walk for Wellness (OS) 3-4:30 D.B.S.A (MR) / Art Connections (AA) 2-2:50 Hatha Yoga (LR) / Relapse Prevention (MR) 3-4:30 WCW Karaoke (LR) 2-2:50 Bingo! Bingo! (LR) 2::30-4:00 "Vietnamese" DBSA Nhóm Hỗ Trợ Tinh Thần 3-4:30 Depression Bipolar Support Alliance (MR) 3-4:30 WCW Karaoke (LR) 4:30-6:30 WCW Karaoke (LR) 3-3:50 Chair Yoga (LR) / Healing & Self-Discovery (AA) 21 10-10:50 Living & Thriving (AA) 22 10-10:50 My Pursuit of Happiness (AA) 10-10:50 "Vietnamese" Strength & Bravery 24 10-11 Laura's House Anti-Bullying Presentation 25 9:30-12:30 WU Community Giveback Outing 10-10:50 Tai Chi (LR) 10-11:20 NA Group (MR) "Viet" W.R.A.P. (SR) / Relationship & Communication (MR) Nhóm sức manh và bản lĩnh (AA) 10-10:50 Neighborhood Volunteering (OS) Monarch Foodbank (OS) 10-11:30 Arts & Crafts Workshop (LR) 10-10:50 W.R.A.P.(AA) / Housing Skills (SR) 10-12:50 Social Outing (DI SINH HOAT) (OS): 10:45-11:20 Chair Yoga (LR) 10-11:45 Pathways to Recovery (LR) 10-10:50 Drawing (LR) / W.R.A.P. PLUS (AA) 10-3 Davey's Locker Whale Watching (OS) 11:30-1:30 Welcome Excursion: 10-11:20 NAMI Connection (MR) 11-1 Halloween Party @ WCS (OS) Johnson Brothers Pumpkin Patch 11-11:50 Campus Field Trip: 11-11:50 Life Skills-"Self-Esteem" (AA) 11-11:50 Philosophy (LR) Crystal Cove State Park 11-11:20 AA Meeting (AA) 15500 Jeffrey Rd, Irvine Golden West College (OS) 11:30-12:50 Easy Cooking (CA) 10-1 Museum: CA African American Museum 12-12:50 "It's All About You" Men's Group (AA) 11:20-12:00 Community Meeting (LR) 12-12:50 Anger Management (MR) 11-11:50 Stress Management (SR) 12-12:50 Relapse Prevention (MR) / Spanish (AA) 12:30-1:30 Our Musical Playground (MR) 12-12:30 Department of Rehabilitation 11-1:50 Ceramics (AA) 11-1:30 Movie Club (xem phim) (LR) 12-1:50 Bowling Club @ Linbrook Bowl (\$2) (OS) 12:45-1:50 Viet-Media, Arts, Connections 1-1:50 Tai Chi (LR) 12-12:50 Social Dance (LR) / Enlightenment (SR) 12-12:50 SMART GOALS (CL) 11-12:30 D.B.S.A (MR) 1-1: 50 Hatha Yoga (LR (kết nối qua văn nghệ) (LR) 1-2:20 Emotions Anonymous (SR) Facilitation 101 (AA 1:30-2:30 Email & Internet Support (CL) 12:30-1:50 Basic Crochet/Knitting (Hoc dan móc len) (LR) 1-1:50 Dance Fitness (LR) 1:30-2:50 Life Enhancement (MR) 1-1:50 Decision Making Employment (AA)/ 2-2:50 BINGO BINGO (LR) / Walk for Wellness (OS) 2-2:50 Decision Making Employment (AA) 1-2:50 W.R.A.P. Plus Training (AA) 2-2:50 Bingo! Bingo! (LR) 2-2:50 W.O.W. Women's Group (AA) / AA Meeting (SR) 1:30-3 NAMI Connection (MR) 2:30-4:30 Basic Beading (AA) 2-2:50 Hatha Yoga (LR) / Beginning Spanish (MR) 2-2:50 Hatha Yoga (LR) / Relapse Prevention (MR) 3-4:30 WCW Karaoke (LR) 2-3:50 Basic Crochet/Knitting (Hoc dan móc len) (LR) 2-2:50 Basic Computer & Typing (CL) / Origami Club (RC) 3-3:50 Wisdom 4 Spiritual Warrior (SR) 2:30-4:00 "Vietnamese" DBSA Nhóm Hỗ Trợ Tinh Thần 3-3: 50 Chair Yoga (LR) / Walk for Wellness (OS) 2-2:50 The Poet's Society (SR) / AA meeting (AA) 3-3:50 Power of Positivity (AA) / Smoking Prevention (MF 3-4:30 WCW Karaoke (LR) 3-4:30 Depression Bipolar Support Alliance (MR) 3-3:50 Chair Yoga (LR) / Healing & Self-Discovery (AA) 3-4:30 D.B.S.A (MR) / Art Connections (AA) 4:30-6:30 WCW Karaoke (LR) 29 10-10:50 My Pursuit of Happiness (AA) 10-10:50 Living & Thriving (AA) 10-11:45 Pathways to Recovery (LR) 31 10-10:50 Drawing (LR) / W.R.A.P. PLUS (AA)

10-10:50 "Vietnamese" Strength & Bravery

10-11:20 NAMI Connection (MR)

12-12:50 SMART GOALS (CL)

11-11:50 Life Skills-"Self-Esteem" (AA)

11:30-12:20 D.R.A. Support Group (SR)

1-2:50 W.R.A.P. Plus Training (AA)

Nhóm sức manh và bản lĩnh (AA)

10-1 Museum: CA Science Center (OS)

12:30-1:50 Basic Crochet/Knitting (Hoc đan móc len) (LR)

2:30-4:00 "Vietnamese" DBSA Nhóm Hỗ Trơ Tinh Thần

3-3:50 Chair Yoga (LR) / Healing & Self-Discovery (AA

2-2:50 Hatha Yoga (LR) / Relapse Prevention (MR)

**Awareness Calendar** 

**Mental Illness Awareness** Week 6th-12th

**Domestic Violence Awareness** Month

## 9:15-9:50 a.m. **Member Driven Community Meetings** are rotated weekly @ 11:20 -12 p.m.:

**Daily Morning Icebreakers** 

Tuesday: 10/8/19 Wednesday: 10/16/19

Friday: 10/25/19 Monday: 10/28/19

2-2:50 Hatha Yoga (LR) / Beginning Spanish (MR) 3-3:50 Chair Yoga (LR) / Walk for Wellness (OS) 3-4:30 Depression Bipolar Support Alliance (MR)

## **Group Description**

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

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 & Job Readiness Workshop Lab- This class includes a series of classes requiring active participation and will cover the following topics: personal assi 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.

Dual Recovery Anonymous - This 12-Step group provides support and social networking through community involvement while recovering from mental illness and other issues such as substance

abuse/dependence.

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.

Mental Health 101-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 Connection (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

NAMI Connection Training -Staff member will be providing a 10 week training to members/staff who are interested in becoming facilitators of NAMI connection; a weekly recovery groups for individuals for people living with mental illness to share about their experiences & coping strategies.

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

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.

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.

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.

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.

W.R.A.P. PLUS- Upon graduation members have the opportunity to further their Wellness Recovery Action Plan with worksheets activities, and tools to maintain healthy well-being.

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/Internat Support

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

Basic Crochet/knitting- Hoc dan môc 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.

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 time. Places to visit: churches, food banks, local park clean ups, libraries, and other Vendors/Organizations in Orange County.

Easy Cooking on a Budget/ Simple 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.

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

Organic 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.

embers will enjoy outdoor time, work collaboratively among other members, and get their daily dose of Vitamin D.

asonal Sports – Members develop and practice different sport techniques and learn to play as a team. These sports activity, including basketball, volley, softball, etc., will encourage members to play, build confidence, hand & eye coordination, and team work communication skills.

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 (Hoc Nhay) - This group is designed for a beginners by providing step by step dance moves to follow. This will build self-confidence and

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.

Vocational Education - This class starts with personal assessment to identify individual strengths skills and abilities; a Decision Tree to aid in the Student Education Plan and final Class Enrollment.

Walk for Wellness - (nhóm đi bô) - Members can explore local trails.

Watercolor Art- hoc ve với màu nước - Member develops their creativity, imagination and talents, and have hours of fun along the way with watercolor art.

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-awar

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 welleing 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.

vard living a more fulfilling life of self-compassion and acceptance through ents by Don Miguel Wisdom for the Spiritual Warrior-Thi 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 "Churong 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 5×5 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. 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 prefect 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 HOAT) - This group offers an opportunity for members to try something different, have fun, and meet new people in the community!

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.