

February 2023 Wellness Center West  
Suggestion Box Comments and Responses

Thank you all for your wonderful suggestions. We, the staff will try our best to respond to all your comments in a timely manner. Please let staff know if your question/comment has not been answered. Thank you!

- *“Can we have a presentation from the Fire Department or Police Department to speak about violence, substance abuse, or self-defense?”*

Great suggestion! We will look into that and reach out to the Fire/Police Department and see when we can coordinate a time for them to come to the Wellness Center.

- *“Can we have an inner peace/patience presentation?”*

This sounds like a wonderful idea. We will speak to some of our collaborators to see if any of the organizations have a presentation on this topic. If not, maybe one of our staff might have some insights on this topic and can present them for us.

- *“We would like a Talk Therapy Group on mental health.”*

Thank you for this idea. Unfortunately, we do not offer any clinical or therapy services at the center. We encourage you to speak with your primary care physicians, doctors, or utilize local resources such as OCNavigator to connect with talk therapy services.

- *“We are interested in a group where older/aging people would like to go back to school. Also a support group for people that want to go back to school but it’s been a very long time since they’ve been in school.”*

That is a wonderful idea. We can bring this up to the Education Specialist of ours, but in the meantime, we do have a Supported Education group on Fridays from 10:30am to 11:20am. If you bring that topic up to her, we are sure she will be able to assist and support you on these topics.

- *“Can we have an Obsessive-Compulsive Disorder Anonymous group?”*

Thank you for this idea. We have mentioned this to staff, when they have come up with a lesson plan and when they are comfortable having this group, we would look to put it in schedule in the future.

- *“We would like to have Anxiety group on Mondays or Wednesdays.”*

At the moment we have Managing Anxiety on Fridays at 1:00pm to 1:50pm. Depending on staff's availability we will see if we can add another anxiety group on one of those days.