

Wellness Center West September 2021 Calendar

www.WellnessCenterWest.org

Phone: (657) 667-6455 Address: 11277 West Garden Grove Blvd. Suite 101A, Garden Grove, CA 92843

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9-9:50 a.m. Icebreaker (LR)</p> <hr/> <p>10-10:50 a.m. Neighborhood Volunteering (OS) Yoga & Meditation (LR)</p> <hr/> <p>10:30-11:50 a.m. WRAP (AA/H)-A</p> <hr/> <p>11-11:50 a.m. Gardening (OS) Beginning Spanish (MR)</p> <hr/> <p>12-12:50 p.m. Reflective Journaling (MR/H)-A</p> <hr/> <p>12:30-1:50 p.m. Simple Snacks (CA)</p> <hr/> <p>1-1:50 p.m. Living and Thriving (AA/H)-A</p> <hr/> <p>2-2:50 p.m. Resilient Journey (AA/H)-A Emotional Intelligence (MR/H)-B</p> <hr/> <p>2:30-3:50 p.m. "Viet" Strength & Hope (MR/H)-A "Nhóm sức mạnh và bản lĩnh"</p>	<p>9-9:50 a.m. Icebreaker (LR)</p> <hr/> <p>10-10:50 a.m. Neighborhood Volunteering (OS) Philosophy (LR)</p> <hr/> <p>11-11:50 a.m. Present Priorities (AA/H)-A "Viet" Independent Living Skills (MR/H)-B (Kỹ năng sống độc lập)</p> <hr/> <p>12-12:50 p.m. Tai Chi (LR)</p> <hr/> <p>1-1:50 p.m. 8 Dimensions of Wellness (MR/H)-A Men's Group (AA/H)-B</p> <hr/> <p>2-2:50 p.m. English as a Second Language (CL)</p> <hr/> <p>3-4:30 p.m. DBSA (MR/H)-A</p> <hr/> <p>*Groups may be canceled on event day or community meeting.</p> <p style="text-align: center;">Community Meetings: 11-12 p.m. Wednesday, 9/1/21 Friday, 9/10/21 Monday, 9/13/21 Tuesday, 9/21/21 Wednesday, 9/29/21</p> <p>The Center will be closed Monday, September 6th for Labor Day.</p> <p>Education Specialist appointments available on Tuesdays 10 a.m.-12 p.m.</p>	<p>9-9:50 a.m. Icebreaker (LR)</p> <hr/> <p>10-10:50 a.m. Our Musical Playground (MR)</p> <hr/> <p>10 a.m.-12:50 p.m. Social Outing (OS)</p> <hr/> <p>11-11:50 a.m. Life Skills (AA/H)-A Gardening (OS)</p> <hr/> <p>12-12:50 p.m. Yoga & Meditation (LR) Rainbow Alliance (MR/H)-A</p> <hr/> <p>1-1:50 p.m. Decision Making Employment (AA/H)-A Codependents Anonymous (SR)</p> <hr/> <p>2-2:50 p.m. "Viet" Media & Art Connection (AA/H)-A Schizophrenia Support Group (MR)</p> <hr/> <p>2-3:30 p.m. Digital Development 1.0 (CL)</p> <hr/> <p>3-3:50 p.m. Enlightenment (LR) "Viet" WRAP (AA/H)-B "Kế Hoạch Hành Động Phục Hồi Sức khỏe"</p> <hr/> <p>4:00-5:00 p.m. <i>The Center is closed for our Team Meeting.</i></p> <hr/> <p style="text-align: center;">Campus Field Trip to Recovery Education Institute on Wednesday, September 22nd from 12-3 p.m.</p>	<p>9-9:50 a.m. Icebreaker (LR)</p> <hr/> <p>10-10:50 a.m. Neighborhood Volunteering (OS) Healing Foods (AA/H)-A</p> <hr/> <p>11-11:50 a.m. Supported Education (MR/H)-A Poet's Society (AA/H)-B</p> <hr/> <p>12-1:30 p.m. Short Stories (CL/H)-A</p> <hr/> <p>12-1:50 p.m. Linbrook Bowling (OS) \$2.50 cash</p> <hr/> <p>1-1:50 p.m. Life Enhancement (MR/H)-A</p> <hr/> <p>2-2:50 p.m. Facilitation 101 (AA/H)-A</p> <hr/> <p>3-3:50 p.m. Wisdom for the Spiritual Warrior (SR/H)-A</p> <hr/> <p>3-4:30 p.m. Art Connections (AA)</p> <hr/> <p>4-4:50 p.m. Alcoholics Anonymous (MR)</p> <hr/> <p>4:30-6:30 p.m. Karaoke (LR)</p>	<p>9-9:50 a.m. Icebreaker (LR)</p> <hr/> <p>10-10:50 a.m. Neighborhood Volunteering (OS) Self-Empowering (AA/H)-A</p> <hr/> <p>11-11:50 a.m. Dual Recovery (MR/H)-A Walk for Wellness (OS)</p> <hr/> <p>12-12:50 p.m. Gardening (OS)</p> <hr/> <p>12:30-1:50 p.m. Simple Snacks (CA)</p> <hr/> <p>1-1:50 p.m. NA Meeting (SR)</p> <hr/> <p>1-2:50 p.m. Crochet & Knitting (LR)</p> <hr/> <p>2-2:50 p.m. Happy Harmony (MR/H)-A Virtual Social Outing (LR/H)-B</p> <hr/> <p>3-3:50 p.m. Emotions Anonymous (AA/H)-A</p> <hr/> <p>3-4:30 p.m. Karaoke (LR)</p> <hr/> <p style="text-align: center;">Group B Meeting ID 11 a.m. 126 125 9356 12 p.m. 182 062 3917 1 p.m. 126 671 4239 2 p.m. 182 714 6447 3 p.m. 126 653 5573</p>	<p>9-9:50 a.m. Icebreaker (LR)</p> <hr/> <p>10-11:30 a.m. DBSA (SR/H)-A</p> <hr/> <p>10-12:50 p.m. Social Outing (OS)</p> <hr/> <p>11:30 a.m.-12:30 p.m. Women's Group (MR/H)-A</p> <hr/> <p>11 a.m. - 12:50 p.m. Movie Club (LR)</p> <hr/> <p>12-1:50 p.m. Creative Beading & Crafts (LR)</p> <hr/> <p>12:30-1:30 p.m. Power of Positivity (MR/H)-A</p> <hr/> <p>2-2:50 p.m. Bingo Bingo! (LR)</p> <hr/> <p>3-3:50 p.m. Animal Allies (AA/H)-A</p> <hr/> <p>3-4:30 p.m. Karaoke (LR)</p> <hr/> <p style="text-align: center;">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 Teleconference (TC)- A or B</p> <hr/> <p style="text-align: center;">Highlight Key: New / Returning Group Group Time / Name Change</p>

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: 92843

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.

Attitude of Gratitude- An **attitude of gratitude** means that you operate from a place of abundance instead of a place of scarcity and fear. Each of us always has a choice of what we will focus on. Grateful people give thanks for everything in their life, even on the days when it feels like nothing is going right. The group topic is to feed into the art of simplicity and how to choose contentment over suffering.

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.

Emotional Intelligence- EQ 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. Emotional intelligence helps you build stronger relationships, succeed at school and work, and achieve your career and personal goals. It can also help you to connect with your feelings, turn intention into action, and make informed decisions about what matters most to you.

Healing and Self-Discovery- 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.

“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.

NAMI Connection- 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.

Power of Positivity -positive thinking self-help platform with topics on inspiration, lifestyle, health, spirituality, relationships & more.

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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. The truth is that our ability to move forward and accomplish our goals often depends on what we decide to prioritize. 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.

Self-Empowering- The mind is a source of action. It drives the choices that we make each day. I think wholesome thoughts so that my actions are honorable. This group invites you to take a break in your busy schedule to be kind to yourself and apply self-empowerment.

W.O.W. – “Wisdom Over Worry” Women’s Group & “Spanish” 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. **(Español)** Este grupo es un foro abierto específicamente para que las mujeres de todos los ámbitos de la vida compartan ideas, preocupaciones y sabiduría de su toma de decisiones diaria (vida cotidiana). El enfoque es reenmarcar cualquier pensamiento negativo, preocupación excesiva en el pensamiento positivo, sentimiento, y prácticas saludables.

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.

“Viet” WRAP (Kê’ Hoach Hãnh Đông Phục Hồi Sức Khỏe) 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, 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-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.

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.

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.

“Vietnamese” Strength & Hope (Nhóm sức mạnh và hy vọng)-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)

Wisdom for the Spiritual Warrior- This group is based on the four agreements by Don Miguel Ruiz. These s four simple principles toward living a more fulfilling life of self-compassion and acceptance through 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:

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. Part 2 (workshop labs) will involve being in the computer lab to apply, research, and work preparations.

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.

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.

Icebreakers- Members will gather to discuss their day and plans for the daily events at the center

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, checkbook balancing, coupon clipping, basic grocery shopping skills, etc. Each week we will learn a different aspect of finances to aid members in keeping their housing.

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

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.

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 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.

“Viet” Independent Living Skills (Kỹ năng sống độc lập)- Members will learn how to have the ability to examine alternatives and make inform decisions and direct their own life’s. 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.

“Viet” Media Art Connection (Vườn thơ & Truyện cổ tích)-Fun interactive social time to share poetry and fables from around the world. Thời gian tương tác thú vị để chia sẻ thơ và truyện ngụ ngôn từ khắp nơi trên thế giới.

Virtual/ Social Outing (DI SINH HOẠT) –Being socially active doesn’t always mean you have to leave your home. Let’s Meet Up on these FREE Virtual outings and stay connected!

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 1.0 - This class offers an introduction to all thing’s computers, from Microsoft Office, learning how to type, internet browsing, and e-mail as well.

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 tendonitis.

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!

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

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.

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.

Valued Volunteerism- Members discuss opportunities of volunteering in the community, as well as the benefits and values.

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

Yoga & Meditation– 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.