




























MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2  10 - 12 P.M. The OC Zoo (\$3)	3 10:30 - 11 A.M. <b>Community Meeting</b>  10- 12 P.M. UCI Jack/Shanaz Museum of Art
5 10 – 11 A.M. <b>Laura’s House: Bystander Prevention</b> 11:30– 12 P.M. <b>New Lungs Presentation</b>  1 - 3 P.M. Linbrook Bowling (\$3.50)	6 10 – 12 A.M. <b>Self Stigma Workshop</b> 10:30 - 11 A.M. <b>Community Meeting: Work-Ordered Day Q&amp;A</b>  2 P.M. Successful Strategies	7  1 - 3 P.M. Linbrook Bowling (\$3.50)	8  11 - 12 P.M. Work Ready: Work Wellness Plan	9  10 - 12 P.M. Anaheim Indoor Swapmeet	10  10 - 12 P.M. Cerritos Mall
12  1 - 3 P.M. Linbrook Bowling (\$3.50)	13 10 – 12 A.M. <b>Self Stigma Workshop</b> 10:30 - 11 A.M. <b>Community Meeting: Work-Ordered Day Q&amp;A</b>  1 - 4 P.M. Starlite Cinemas (\$6)  2 P.M. Successful Strategies	14 11– 12 P.M. SSI/SSDI (English)  1 - 3 P.M. Linbrook Bowling (\$3.50)	15  11 - 12 P.M. Work Ready: Introduction Employment	16  10 - 12 P.M. Main Place Mall	17  10 - 12 P.M. Huntington Beach Library
19 	20 10 – 12 A.M. <b>Self Stigma Workshop</b> 10:30 - 11 A.M. <b>Community Meeting: Work-Ordered Day Q&amp;A</b>  2 P.M. Successful Strategies	21  1 - 3 P.M. Linbrook Bowling (\$3.50)	22  11 - 12 P.M. Work Ready: Personality and Your Job	23  10 - 12 P.M. Twin Lake Park	24  10 - 12 P.M. Newport Beach Sculpture Garden
26  1 - 3 P.M. Linbrook Bowling (\$3.50)	27 10 – 12 A.M. <b>Self Stigma Workshop</b> 10:30 - 11 A.M. <b>Community Meeting: Work-Ordered Day Q&amp;A</b>  2 P.M. Successful Strategies	28 11– 12 P.M. SSI/SSDI (Vietnamese) 1 - 3 P.M. <b>WCW Winter Bash</b>	29  11 - 12 P.M. Work Ready: How to Describe Weaknesses Interview Practice	30  10 - 12 P.M Langson Museum Costa Mesa	31  10 - 12 P.M. Asian Garden Mall

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 – 9:50 A.M. Icebreaker	9 – 9:50 A.M. Icebreaker	9 – 9:50 A.M. Icebreaker	9 – 9:50 A.M. Icebreaker	9 – 9:50 A.M. Icebreaker	9 – 9:50 A.M. Icebreaker
10 – 10:50 A.M. Basic Drawing	10 – 10:30 A.M. Walk 4 Wellness	10 – 10:50 A.M. Life Skills	10 – 10:50 A.M. Positive Thinking	10 – 10:50 A.M. TAY Space	10 – 10:50 A.M. Dance Celebration / Salsa
Emotions Anonymous	10 – 11:30 A.M. Món ăn nhẹ Việt Nam (Simple Snacks)	Living Your Best Life	Walk 4 Wellness	10 – 11:30 A.M. Simple Snacks	Self-Compassion
Poet’s Society	10:30 – 11 A.M. Community Meeting	Schizophrenia Support	11 – 11:50 A.M. Jam Sessions	10 – 12 P.M. Social Outing	10 – 1:00 P.M. Social Outing
11 – 11:50 A.M. Basic Sewing	11 – 11:50 A.M. Anger Management	11 – 11:50 A.M. Alcoholics Anonymous	Decision-Making Employment	11:00 – 11:50 P.M. Depression Bipolar Support Alliance (DBSA)	11 – 12:30 P.M. National Alliance on Mental Illness (NAMI) Connections
Healing & Self-Discovery	Crochet & Knitting	Self-Compassion	Philosophy	Short Stories	Simple Snacks
Men’s Group	Women’s Group	Tiếng Anh Sơ Cấp (Beginning English)	12 – 1 P.M. Social Hour	Tai Chi	11 – 1 P.M. Films with Friends
11 – 12:50 P.M. Crochet & Knitting	12 – 1 P.M. Social Hour	12 – 1P.M. Social Hour	1 – 1:50 P.M. Reflective Journaling	12 – 1 P.M. Crochet & Knitting	12 – 1 P.M. Social Hour
12 – 1 P.M. Social Hour	1 – 1:50 P.M. Beading	1 – 1:50 P.M. Beginning Piano	Wellness Recovery Action Plan (WRAP)	1 – 1:50 P.M. Kế hoạch Hành động Phục hồi Sức khỏe Tâm thần (WRAP)	1 – 1:50 P.M. Anger Management
1 – 1:50 P.M. Ceramic Painting	Nutrition	Gardening	Beginning Piano	Video Games	Chair Yoga
Beginning Spanish	Tai Chi	Linbrook Bowling	2 – 2:50 P.M. 8 Dimensions of Wellness	Walk 4 Wellness	2 – 2:50 P.M. Bingo!
Codependents Anonymous	2 – 2:50 P.M. Resilient Journey	2 – 2:50 P.M. Narcotics Anonymous	Tech Tutor	Acting 101	Jam Session
1 – 3 P.M. Linbrook Bowling	Successful Strategies	Managing Anxiety	Chair Yoga	Bingo!	3 – 3:50 P.M. Beginning Guitar
2 – 2:50 P.M. Enlightenment	Video Games	Nhóm Hỗ Trợ Tinh Thần (DBSA)	3 – 3:50 P.M. Câu Lạc Bộ Trò Chơi (Game Club)	Supported Education	Basic Sewing
Relationships & Communication	3 – 3:50 P.M. Chair Yoga	3 – 3:50 P.M. Life Enhancement	Gardening	3 – 4:30 P.M. Karaoke	3 – 4:30 P.M. Karaoke
2:00 – 3:30 P.M. Nhóm sức mạnh và hy vọng (Strength & Hope)	Wellness Recovery Action Plan (WRAP)	Kết nối qua văn nghệ (Media & Art Connection)	3:30 – 4:30 P.M. Community Mental Health Night		
3 – 3:50 P.M. Chair Yoga			4:30 – 6:30 P.M. Karaoke		
4 – 4:50 P.M. Karaoke					Interested in attending groups virtually? Give us a call to set you up!