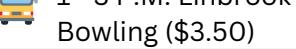
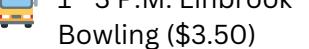
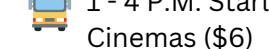
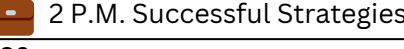
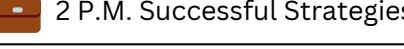
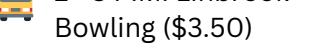


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2  10 - 12 P.M. The OC Zoo (\$3)	3  10:30 - 11 A.M. Community Meeting  10- 12 P.M. UCI Jack/Shanaz Museum of Art
5  10 - 11 A.M. Laura's House: Bystander Prevention  11:30- 12 P.M. New Lungs Presentation  1 - 3 P.M. Linbrook Bowling (\$3.50)	6  10 - 12 A.M. Self Stigma Workshop  10:30 - 11 A.M. Community Meeting: Work-Ordered Day Q&A  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. Self Stigma Workshop  10:30 - 11 A.M. Community Meeting: Work-Ordered Day Q&A  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. Self Stigma Workshop  10:30 - 11 A.M. Community Meeting: Work-Ordered Day Q&A  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. Self Stigma Workshop  10:30 - 11 A.M. Community Meeting: Work-Ordered Day Q&A  2 P.M. Successful Strategies	28  11- 12 P.M. SSI/SSDI (Vietnamese) <b>1 - 3 P.M.</b> <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
<b>9 - 9:50 A.M.</b> Icebreaker	<b>9 - 9:50 A.M.</b> Icebreaker	<b>9 - 9:50 A.M.</b> Icebreaker	<b>9 - 9:50 A.M.</b> Icebreaker	<b>9 - 9:50 A.M.</b> Icebreaker	<b>9 - 9:50 A.M.</b> Icebreaker
<b>10 - 10:50 A.M.</b> Basic Drawing	<b>10 - 10:30 A.M.</b> Walk 4 Wellness	<b>10 - 10:50 A.M.</b> Life Skills	<b>10 - 10:50 A.M.</b> Positive Thinking	<b>10 - 10:50 A.M.</b> TAY Space	<b>10 - 10:50 A.M.</b> Dance Celebration / Salsa
Emotions Anonymous	<b>10 - 11:30 A.M.</b> Món ăn nhẹ Việt Nam (Simple Snacks)	Living Your Best Life	Walk 4 Wellness	<b>10 - 11:30 A.M.</b> Simple Snacks	Self-Compassion
Poet's Society	<b>10:30 - 11 A.M.</b> Community Meeting	Schizophrenia Support	<b>11 - 11:50 A.M.</b> Jam Sessions	<b>10 - 12 P.M.</b> Social Outing	<b>10 - 1:00 P.M.</b> Social Outing
<b>11 - 11:50 A.M.</b> Basic Sewing	<b>11 - 11:50 A.M.</b> Anger Management	Alcoholics Anonymous	Decision-Making Employment	<b>11:00 - 11:50 P.M.</b> Depression Bipolar Support Alliance (DBSA)	<b>11 - 12:30 P.M.</b> 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)	<b>12 - 1 P.M.</b> Social Hour	Tai Chi	<b>11 - 1 P.M.</b> Films with Friends
<b>11 - 12:50 P.M.</b> Crochet & Knitting	<b>12 - 1 P.M.</b> Social Hour	<b>12 - 1 P.M.</b> Social Hour	<b>1 - 1:50 P.M.</b> Reflective Journaling	<b>12 - 1 P.M.</b> Crochet & Knitting	<b>12 - 1 P.M.</b> Social Hour
<b>12 - 1 P.M.</b> Social Hour	<b>1 - 1:50 P.M.</b> Beading	Beginning Piano	Wellness Recovery Action Plan (WRAP)	<b>1 - 1:50 P.M.</b> Ké hoạch Hành động Phục hồi Sức khỏe Tâm thần (WRAP)	<b>1 - 1:50 P.M.</b> Anger Management
<b>1 - 1:50 P.M.</b> Ceramic Painting	Nutrition	Gardening	Beginning Piano	Video Games	Chair Yoga
Beginning Spanish	Tai Chi	Linbrook Bowling	<b>2 - 2:50 P.M.</b> 8 Dimensions of Wellness	Walk 4 Wellness	<b>2 - 2:50 P.M.</b> Bingo!
Codependents Anonymous	<b>2 - 2:50 P.M.</b> Resilient Journey	Narcotics Anonymous	Tech Tutor	<b>2 - 2:50 P.M.</b> Acting 101	Jam Session
<b>1 - 3 P.M.</b> Linbrook Bowling	Successful Strategies	Managing Anxiety	Chair Yoga	Bingo!	<b>3 - 3:50 P.M.</b> Beginning Guitar
<b>2 - 2:50 P.M.</b> Enlightenment	Video Games	Nhóm Hỗ Trợ Tinh Thần (DBSA)	<b>3 - 3:50 P.M.</b> Câu Lạc Bộ Trò Chơi (Game Club)	Supported Education	Basic Sewing
Relationships & Communication	<b>3 - 3:50 P.M.</b> Chair Yoga	<b>3 - 3:50 P.M.</b> Life Enhancement	Gardening	<b>3 - 4:30 P.M.</b> Karaoke	<b>3 - 4:30 P.M.</b> Karaoke
<b>2:00 - 3:30 P.M.</b> Nhóm sức mạnh và hy vọng (Strength & Hope)	Wellness Recovery Action Plan (WRAP)	Kết nối qua văn nghệ (Media & Art Connection)	<b>3:30 - 4:30 P.M.</b> Community Mental Health Night		Interested in attending groups virtually? Give us a call to set you up!
<b>3 - 3:50 P.M.</b> Chair Yoga			<b>4:30 - 6:30 P.M.</b> Karaoke		
<b>4 - 4:50 P.M.</b> Karaoke					