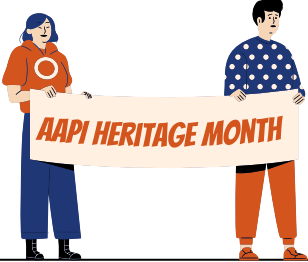
































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>AAPI HERITAGE MONTH</p>				<p>1</p> <p> 10 - 11 A.M. Job Search Lab</p> <p>11:30 - 12 P.M. New Lungs</p>	<p>2</p> <p>10:30 - 11 A.M. Community Meeting (Work-Ordered Day Q&A)</p> <p> 10 - 12 P.M. Rancho Days Fiesta</p>
<p>4</p> <p> 1 - 3 P.M. Linbrook Bowling (\$3.50)</p> <p>2 - 2:30 P.M. Cuộc Họp Cộng Đồng</p>	<p>5</p> <p>10:30 - 11 A.M. Community Meeting (Work-Ordered Day Q&A)</p> <p>1 - 2:30 P.M. REI: Soft Skills for Employment</p> <p> 2 - 3:30 P.M. Fast Track to Work</p>	<p>6</p> <p> 1 - 3 P.M. Linbrook Bowling (\$3.50)</p>	<p>7</p> <p>10 - 10:30 A.M. 211 Presentation</p> <p> 11 - 12 P.M. Work Ready: Resume & Letter Writing</p> <p> 10 - 12 P.M. WCS Volunteer Day</p>	<p>8</p> <p> 10 - 11 A.M. Job Search Lab</p>	<p>9</p> <p> 10 - 12 P.M. Hilbert Museum of California Art</p>
<p>11</p> <p> 1 - 3 P.M. Linbrook Bowling (\$3.50)</p>	<p>12</p> <p>10:30 - 11 A.M. Community Meeting (Work-Ordered Day Q&A)</p> <p> 2 - 3:30 P.M. Fast Track to Work</p>	<p>13</p> <p>11- 12 P.M. SSI/SSDI: Overpayment, Reporting, & Housing (English)</p> <p> 11- 2 P.M. HIRE Job Fair</p> <p> 1 - 3 P.M. Librook Bowling (\$3.50)</p>	<p>14</p> <p> 11 - 12 P.M. Work Ready: Your Resume: A Self-Portrait</p>	<p>15</p> <p> 10 - 11 A.M. Job Search Lab</p>	<p>16</p> <p> 11 - 1 P.M. Planting Seeds: Mental Health Education Fair</p>
<p>18</p> <p>10 - 11 A.M. Laura's House: Empathy</p> <p> 1 - 3 P.M. Linbrook Bowling (\$3.50)</p>	<p>19</p> <p>10:30 - 11 A.M. Community Meeting (Work-Ordered Day Q&A)</p> <p> 1 - 4:30 P.M. Starlite Cinemas (\$6)</p> <p> 2 - 3:30 P.M. Fast Track to Work</p>	<p>20</p> <p>1 - 3 P.M. AAPI Celebration</p> 	<p>21</p> <p> 11 - 12 P.M. Work Ready: Resume Outline</p>	<p>22</p> <p> 10 - 11 A.M. Job Search Lab</p>	<p>23</p> <p> 10 - 12 P.M. Strawberry Festival</p>
<p>25</p> 	<p>26</p> <p>10:30 - 11 A.M. Community Meeting (Work-Ordered Day Q&A)</p> <p> 2 - 3:30 P.M. Fast Track to Work</p>	<p>27</p> <p>11 - 12 P.M. SSI/SSDI: Overpayment, Reporting, & Housing (Viet)</p> <p> 1 - 3 P.M. Linbrook Bowling (\$3.50)</p>	<p>28</p> <p> 11 - 12 P.M. Work Ready: Job Search</p>	<p>29</p> <p> 10 - 11 A.M. Job Search Lab</p> <p> 12 - 2 P.M. WCC Member Appreciation Carnival</p>	<p>30</p> <p> 12 - 2 P.M. Earth for Everyone Festival</p>

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