

NEW VISIONS CENTER SCHEDULE
OPEN MON-FRI 9:00AM-2:00PM



1065 E. MAIN St. Ventura, CA
Phone 805-652-0029

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	31
REMINDER: Food Share every Monday Aldi every Thursday  	Staff: Louie ext. 114 Diana ext. 115 Shelcy ext. 118 Andrea ext. 119 Francisco ext. 120	ATTENTION: We will be closed on August 4, 2026 to take the members to Ventura Fair.	ATTENTION: Fair outing on August 4, sign up to staff members please.	ATTENTION: NVC BBQ on August 21. Games, food, prices.
3	4	5	6	7
10:00 Overcoming Depression 10:00 Life skills (Carwash) 10:00 Lunch Prep. 12:30 Art Therapy 1:00 Store FOOD SHARE 	VENTURA COUNTY FAIR	09:45 Community Meeting 10:00 Healthy Habits 10:00 Schizophrenia Support 10:00 Lunch Prep. 12:30 Coping Skills Group 1:00 Store	10:00 Relational Skills 10:00 Lunch Prep 12:00 Mindful Walking 12:30 Wellness Group ALDI 	09:45 Community Meeting 10:00 Anxiety Management 10:00 Lunch Prep. 12:00 Mindful Walking 12:30 Chair Yoga Exercise 1:00 Store
10	11	12	13	14
10:00 Overcoming Depression 10:00 Lunch Prep. 12:30 Art Therapy 1:00 Store FOOD SHARE 	09:45 Community Meeting 10:00 Symptom Management 10:00 Co-occurring 10:00 Lunch Prep. 12:30 Positive Thinking	10:00 Schizophrenia Support 10:00 Anger Management 10:00 Lunch Prep. 12:30 Coping Skills Group 1:00 Store	09:45 Community Meeting 10:00 Somatic Group Therapy  10:00 Seeking Safety 10:00 Lunch Prep 12:30 Wellness Group ALDI	10:00 Anxiety Management 10:00 Lunch Prep. 12:00 Mindful Walking 12:30 Chair Yoga Exercise 1:00 Store
17	18	19	20	21
10:00 Overcoming Depression 10:00 Lunch Prep. 12:30 Art Therapy 1:00 Store FOOD SHARE 	09:45 Community Meeting 10:00 Symptom Management 10:00 Life skills: Smart & Final 10:00 Co-occurring 10:00 Lunch Prep. 12:30 Men's Group 12:30 Women's Group	10:00 Schizophrenia Support 10:00 Healthy Habits 10:00 Lunch Prep. 12:30 Coping Skills Group 1:00 Store	10:00 Somatic Group Therapy 10:00 Seeking Safety 10:00 Lunch Prep 12:30 Wellness Group ALDI 	
24	25	26	27	28
10:00 Overcoming Depression 10:00 Life skills (Laundry) 10:00 Lunch Prep. 12:30 Art Therapy 1:00 Store FOOD SHARE 	09:45 Community Meeting 10:00 Symptom Management 10:00 Co-occurring 10:00 Lunch Prep. 12:00 Mindful Walking Group 12:30 Positive Thinking	10:00 Seeking Safety 10:00 Grief Group 10:00 Lunch Prep. 12:00 Tyler's Community Meeting 12:30 Coping Skills Group 1:00 Store	10:00 Relational Skills 10:00 Life skills: Smart & Final  10:00 Lunch Prep 12:30 Wellness Group ALDI	09:45 Community Meeting 10:00 Anxiety Management 10:00 Lunch Prep. 12:00 Mindful Walking 12:30 Chair Yoga Exercise 1:00 Store