








**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
3	4	5	6	7
<b>09:00 Client Socialization</b> <b>10:00 Community Support</b> <b>10:00 Lunch Prep.</b> <b>12:30 Self Esteem</b> <b>1:30 Store</b> <b>FOOD SHARE</b> 	<b>09:00 Client Socialization</b> <b>10:00 Men's Group</b> <b>10:00 Women's Group</b> <b>10:00 Lunch Prep.</b> <b>12:30 Symptom Management</b> <b>12:30 Smart &amp; Final</b>	<b>09:00 Client Socialization</b> <b>10:00-12:00PM WRAP Group</b> <b>10:00 Lunch Prep.</b> <b>1:00 Journaling for List of Coping Mechanisms</b>	<b>09:00 Client Socialization</b> <b>10:00 Seeking Safety</b> <b>10:00 Lunch Prep</b> <b>12:30 The Breath</b> <b>ALDI</b> 	<b>09:45 Community Meeting</b> <b>10:00 Art Therapy/Heart Collage</b> <b>10:00 Lunch Prep.</b> <b>12:30 Chair Yoga Exercises</b> <b>1:30 Store</b>
10	11	12	13	14
<b>09:00 Client Socialization</b> <b>10:00 Communication Skills</b> <b>10:00 Co-Occurring</b> <b>10:00 Lunch Prep.</b> <b>12:30 Walking Group</b> <b>1:30 Store</b> <b>FOOD SHARE</b> 	<b>09:00 Client Socialization</b> <b>10:00 Men's Group</b> <b>10:00 Women's Group</b> <b>10:00 Lunch Prep.</b> <b>12:30 Positive Thinking</b> <b>12:30 Smart &amp; Final</b>	<b>09:00 Client Socialization</b> <b>10:00-12:00PM WRAP Group</b> <b>10:00 Lunch Prep.</b> <b>1:00 Journaling for Goal setting</b>	<b>09:00 Client Socialization</b> <b>10:00 Overcoming Depression</b> <b>10:00 Lunch Prep</b> <b>12:30 The Present Moment</b> <b>ALDI</b> 	<b>09:00 Client Socialization</b> <b>10:00 Art Therapy/Valentines Day Card</b> <b>10:00 Lunch Prep.</b> <b>12:30 Chair Yoga Exercises</b> <b>1:30 Store</b>
17	18	19	20	21
 <b>HAPPY PRESIDENTS DAY</b>	<b>09:00 Client Socialization</b> <b>10:00 Men's Group</b> <b>10:00 Women's Group</b> <b>10:00 Lunch Prep.</b> <b>12:30 Symptom Management</b>	<b>09:00 Client Socialization</b> <b>10:00-12:00PM WRAP Group</b> <b>10:00 Lunch Prep.</b> <b>1:00 Self reflections Journaling</b>	<b>09:00 Client Socialization</b> <b>10:00 Seeking Safety</b> <b>10:00 Lunch Prep</b> <b>12:30 Progressive Muscle Relaxation</b> <b>ALDI</b> 	<b>09:45 Community Meeting</b> <b>10:00 Art Therapy/Heart Mosaic</b> <b>10:00 Lunch Prep.</b> <b>12:30 Chair Yoga Exercises</b> <b>1:30 Store</b>
24	25	26	27	28
<b>09:00 Client Socialization</b> <b>10:00 Healthy Habits</b> <b>10:00 Co-Occurring</b> <b>10:00 Lunch Prep.</b> <b>12:30 Self Esteem</b> <b>1:30 Store</b> <b>FOOD SHARE</b> 	<b>09:00 Client Socialization</b> <b>10:00 Men's Group</b> <b>10:00 Women's Group</b> <b>10:00 Lunch Prep.</b> <b>12:30 Positive Thinking</b> <b>12:30 Smart &amp; Final</b>	<b>09:00 Client Socialization</b> <b>09:45 AM Community Meeting</b> <b>10:00 Grief Group</b> <b>10:00 Lunch Prep.</b> <b>12:30 Mindfulness journaling</b>	<b>09:00 Client Socialization</b> <b>10:00 Overcoming Depression</b> <b>10:00 Lunch Prep</b> <b>12:30 Blissful Deep Relaxation</b> 