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
30	31	1	2	3
REMINDER:	ATTENTION:	CLOSED FOR	09:00 Client Socialization	09:45 Community Meeting
Food Share every Monday	We will be closed on	THE STREET STATE OF THE STATE O	10:00 Seeking Safety	10:00 Art Therapy/Glitter Glue
Aldi every Thursday	New Years	Mew.	10:00 Lunch Prep	Snowflakes
		<i>Year's</i>	12:30 The Breath	10:00 Lunch Prep.
FOOD SHAPE ALDI	Day1/1/2025 and MLK	Oug	ALDI	12:30 Chair Yoga Exercises
FOOD SHARE Ventura County's Food Bank	day 1/20/2025	ت حال کا السر تا السال	ALDI Albi	1:30 Store
6	7	8	9	10
09:00 Client Socialization	09:00 Client Socialization	09:00 Client Socialization	09:00 Client Socialization	09:00 Client Socialization 10:00
10:00 Anger Management	10:00 Men's Group	09:45 AM Community Meeting	10:00 Overcoming Depression	Art Therapy/Self Portrait
10:00 Co-Occurring	10:00 Women's Group	10:00 Grief Group	10:00 Lunch Prep	Drawing
10:00 Lunch Prep. 12:30 Healthy Habits	10:00 Lunch Prep.	10:00 Lunch Prep.	12:30 The Present Moment	10:00 Lunch Prep.
1:30 Store	12:30 Self Esteem	12:30 Mindfulness journaling	ALDI	12:30 Chair Yoga Exercises
FOOD SHARE	12:30 Smart & Final		ALDI	1:30 Store
13	14	15	16	17
09:00 Client Socialization	09:00 Client Socialization	09:00 Client Socialization	09:00 Client Socialization	09:45 Community Meeting
10:00 Communication Skills	10:00 Men's Group	10:00-12:00PM WRAP	10:00 Seeking Safety	10:00 Art Therapy/ Create your
10:00 Co-Occurring 10:00 Lunch Prep.	10:00 Schizophrenia Awareness	Group	10:00 Lunch Prep	own Mandala
12:30 Walking Group	10:00 Lunch Prep.	10:00 Lunch Prep.	12:30 Progressive Muscle	10:00 Lunch Prep.
1:30 Store	12:30 Positive Thinking	1:00 Relationship reflections	Relaxation	12:30 Chair Yoga Exercises
FOOD SHARE	12:30 Smart & Final	F	ALDI	1:30 Store
20	21	22	23	24
	09:00 Client Socialization	09:00 Client Socialization	09:00 Client Socialization	09:45 Community Meeting
Closed 🔑 🎉	10:00 Men's Group	10:00-12:00PM WRAP	10:00 Overcoming Depression	10:00 Art Therapy/Guided
Monday Martin	10:00 Women's Group	Group	10:00 Lunch Prep	Imagery Painting
Luther	10:00 Lunch Prep.	10:00 Lunch Prep.	12:30 Focused meditation	10:00 Lunch Prep.
King Day	12:30 Self Esteem	1:00 Journaling for Goal setting	ALDI	12:30 Chair Yoga Exercises
	12:30 Smart & Final			1:30 Store
27	28	29	30	31
09:00 Client Socialization	09:00 Client Socialization	09:00 Client Socialization	09:00 Client Socialization	NEW
10:00 Anger Management 10:00 Co-Occurring	10:00 Men's Group	09:45 AM Community Meeting	10:00 Seeking Safety	
10:00 Co-Occurring 10:00 Lunch Prep.	10:00 Schizophrenia Awareness	10:00 Anxiety Reduction	10:00 Lunch Prep	VISION
12:30 Healthy Habits	10:00 Lunch Prep.	10:00 Lunch Prep.	12:30 Blissful Deep Relaxation	
1:30 Store	12:30 Positive Thinking	12:30PM Journaling for	ALDI	
FOOD SHARE	12:30 Smart & Final	Gratitude	ALDI	