







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