

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



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

Monday 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3
ATTENTION: We will be closed on July 3rd in observance of Independence Day.	REMINDER: Food Share every Monday Aldi every Thursday  	09:45 Community Meeting 10:00 Seeking Safety 10:00 Anger Management 10:00 Lunch Prep. 12:30 Journaling Group	10:00 Relational Skills 10:00 Lunch Prep 12:00 Mindful Walking 12:30 Wellness Group	
6	7	8	9	10
10:00 Overcoming Depression 10:00 Lunch Prep. 12:30 Art Therapy 1:00 Store FOOD SHARE 	10:00 Symptom Management 10:00 Life skills: Smart & Final 10:00 Co-occurring 10:00 Lunch Prep. 12:00 Mindful Walking Group 12:30 Social Skills	09:45 Community Meeting 10:00 Healthy Habits 10:00 Schizophrenia Support 10:00 Lunch Prep. 12:30 Journaling Group	10:00 Somatic Group Therapy 10:00 Seeking Safety 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
13	14	15	16	17
10:00 Overcoming Depression 10:00 Lunch Prep. 12:30 Art Therapy 1:00 Store FOOD SHARE 	09:45 Community Meeting 10:00 Communication Skills 10:00 Co-occurring 10:00 Lunch Prep. 12:30 Self Esteem	09:45 Community Meeting 10:00 Schizophrenia Support 10:00 Anger Management 10:00 Lunch Prep. 12:30 Journaling Group Outing: Ventura Harbor	10:00 Relational Skills 10:00 Lunch Prep 12:30 Wellness Group ALDI 	
20	21	22	23	24
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 Social Skills	09:45 Community Meeting 10:00 Schizophrenia Support 10:00 Healthy Habits 10:00 Lunch Prep. 12:30 Journaling Group Outing: Arroyo Verde Park	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
27	28	29	30	31
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 Communication Skills 10:00 Co-occurring 10:00 Lunch Prep. 12:30 Self Esteem	10:00 Seeking Safety 10:00 Grief Group 10:00 Lunch Prep. 12:00 Tyler's Community Meeting 12:30 Journaling Group	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