












**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
28	29	30	1	2
<b>REMINDER:</b> <b>Food Share</b> every Monday <b>Aldi</b> every Thursday  	<b>ATTENTION:</b> <b>We are closed on</b> <b>May 26, 2025 for</b> <b>Memorial Day.</b>	<b>Staff:</b> <b>Louie</b> ext. 114 <b>Steven</b> ext. 115 <b>Tony</b> ext. <b>Jessica</b> ext. 119 <b>Barrett</b> ext. 118 <b>Mahea</b> ext. 119	<b>09:00 Client Socialization</b> <b>10:00 Seeking Safety</b>  <b>10:00 Lunch Prep</b> <b>12:30 Somatic Therapy</b> <b>ALDI</b>	<b>09:45 Community Meeting</b> <b>10:00 Art Therapy/Coffee Filter Butterflies</b> <b>10:00 Lunch Prep.</b> <b>12:30 Chair Yoga Exercises</b> <b>1:30 Store</b>
5	6	7	8	9
<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 Anxiety Reduction Group</b> <b>10:00 Lunch Prep.</b> <b>12:30 Strategic Thinking</b> <b>OUTING: Movie</b>	<b>09:00 Client Socialization</b> <b>10:00-12:00PM WRAP Group</b> <b>10:00 Lunch Prep.</b> <b>1:00 Mindful Meditation</b>	<b>09:00 Client Socialization</b> <b>10:00 Overcoming Depression</b>  <b>10:00 Lunch Prep</b> <b>12:30 Somatic Therapy</b>	<b>09:45 Community Meeting</b> <b>10:00 Art Therapy/Garden Pot Painting</b> <b>10:00 Lunch Prep.</b> <b>12:30 Chair Yoga Exercises</b> <b>1:30 Store</b>
12	13	14	15	16
<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 Symptom Management</b> <b>1:30 Store</b> <b>FOOD SHARE</b> 	<b>09:00 Client Socialization</b> <b>10:00 Schizophrenia Support</b> <b>10:00 Lunch Prep.</b> <b>12:30 Anger Management</b> <b>OUTING: Movie</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</b>	<b>09:00 Client Socialization</b> <b>10:00 Seeking Safety</b>  <b>10:00 Lunch Prep</b> <b>12:30 Somatic Therapy</b> <b>ALDI</b>	<b>09:45 Community Meeting</b> <b>10:00 Art Therapy/What's in my name collage</b> <b>10:00 Lunch Prep.</b> <b>12:30 Chair Yoga Exercises</b> <b>1:30 Store</b>
19	20	21	22	23
<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 Anxiety Reduction Group</b> <b>10:00 Lunch Prep.</b> <b>12:30 Strategic Thinking</b> <b>OUTING: Movie</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>12:30PM Breathing Exercises</b>	<b>09:00 Client Socialization</b> <b>10:00 Overcoming Depression</b>  <b>10:00 Lunch Prep</b> <b>12:30 Somatic Therapy</b>	<b>NEW VISION BBQ</b>
26	27	28	29	30
	<b>09:00 Client Socialization</b> <b>10:00 Anxiety Reduction</b> <b>10:00 Schizophrenia Support</b> <b>10:00 Lunch Prep.</b> <b>12:30 Anger 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 Reflection Journal</b>	<b>09:00 Client Socialization</b> <b>10:00 Seeking Safety</b>  <b>10:00 Lunch Prep</b> <b>12:30 Somatic Therapy</b> <b>ALDI</b>	<b>09:00 Client Socialization</b> <b>10:00 Art Therapy/Watercolor Garden</b> <b>10:00 Lunch Prep.</b> <b>12:30 Chair Yoga Exercises</b> <b>1:30 Store</b>