

New Visions Center Schedule

OPEN MONDAY - FRIDAY 9:00 AM - 2:00 PM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>27</p> <p>Reminder: Food Share every Tuesday Aldi every Thursday</p>  	<p>28</p> <p>1065 E Main St. Ventura Ca 93001 Phone: 805-652-0029 Fax: 805-652-1490</p> 	<p>1</p> <p>09:45 AM Community Meeting 10:00 AM Anxiety Reduction 10:00 AM Co-occurring 10:00 AM Cooking Group 11:30 AM Walking Group 12:30 PM Creative Writing 01:30 PM Store</p> 	<p>2</p> <p>09:00 AM Lifeskills: Aldi 10:00 AM Overcoming Depression 10:00 AM Cooking Group 10:00 AM Coping through Literature 11:30 AM Walking Group 12:30 PM Healthy Habits 12:30 PM Lifeskills: Smart N Final</p> 	<p>3</p> <p>09:30 AM Club Council 10:00 AM Communication Skills 10:00 AM Men's Group 10:00 AM Women's Group (Selfcare) 10:00 AM Cooking Group 12:30 PM Mindfulness Meditation 01:30 PM Store</p>
<p>6</p> <p>10:00 AM Seeking Safety 10:00 AM Positive Thinking 10:00 AM Cooking Group 11:00 AM Community Meeting 12:00 PM Grounding Exercises 12:30 PM Co Occurring 01:30 PM Store</p>	<p>7</p> <p>10:00 AM Schizophrenia Support 10:00 AM Self Esteem 10:00 AM Cooking Group 12:30 PM Chair Yoga Exercises 12:30 PM Art Therapy Group 12:30 PM Lifeskills (Foodshare)</p> 	<p>8</p> <p>09:45 AM Community Meeting 10:00 AM Anxiety Reduction 10:00 AM Co-occurring 10:00 AM Cooking Group 11:30 AM Walking Group 12:30 PM Creative Writing 01:30 PM Store</p>	<p>9</p> <p>09:00 AM Lifeskills: Aldi 10:00 AM Overcoming Depression 10:00 AM Cooking Group 10:00 AM Coping through Literature 11:30 AM Walking Group 12:30 PM Healthy Habits 12:30 PM Lifeskills: Smart N Final</p> 	<p>10</p> <p>10:00 AM Communication Skills 10:00 AM Cooking Group 11:00 AM Walking Group 12:30 PM Mindfulness Meditation 01:30 PM Store OUTING: Barnes & Nobles</p> 
<p>13</p> <p>10:00 AM Seeking Safety 10:00 AM Anger Reduction 10:00 AM Cooking Group 11:00 AM Community Meeting 12:00 PM Grounding Exercises 12:30 PM Co Occurring 01:30 PM Store</p>	<p>14</p> <p>10:00 AM Schizophrenia Support 10:00 AM Self Esteem 10:00 AM Cooking Group 12:30 PM Chair Yoga Exercises 12:30 PM Art Therapy Group 12:30 PM Lifeskills (Foodshare)</p> 	<p>15</p> <p>09:45 AM Community Meeting 10:00 AM Anxiety Reduction 10:00 AM Co-occurring 10:00 AM Cooking Group 11:30 AM Walking Group 12:30 PM Creative Writing 01:30 PM Store</p>	<p>16</p> <p>09:00 AM Lifeskills: Aldi 10:00 AM Overcoming Depression 10:00 AM Cooking Group 10:00 AM Coping through Literature 11:30 AM Walking Group 12:30 PM Healthy Habits 12:30 PM Lifeskills: Smart N Final</p> 	<p>17</p> <p>10:00 AM Communication Skills 10:00 AM Cooking Group 10:00 AM Men's Group 12:30 PM Mindfulness Meditation 01:30 PM Store OUTING: Museum of Ventura County</p> 
<p>20</p> <p>10:00 AM Seeking Safety 10:00 AM Positive Thinking 10:00 AM Cooking Group 11:00 AM Community Meeting 12:00 PM Grounding Exercises 12:30 PM Co Occurring 01:30 PM Store</p>	<p>21</p> <p>10:00 AM Schizophrenia Support 10:00 AM Self Esteem 10:00 AM Cooking Group 12:30 PM Employment Readiness 12:30 PM Art Group 12:30 pm Lifeskills (Foodshare)</p> 	<p>22</p> <p>09:45 AM Community Meeting 10:00 AM Anxiety Reduction 10:00 AM Co-occurring 10:00 AM Cooking Group 11:30 AM Walking Group 12:30 PM Creative Writing 01:30 PM Store</p>	<p>23</p> <p>09:00 AM Lifeskills: Aldi 10:00 AM Overcoming Depression 10:00 AM Cooking Group 10:00 AM Coping through Literature 11:30 AM Walking Group 12:30 PM Healthy Habits 12:30 PM Lifeskills: Smart N Final</p> 	<p>24</p> <p>10:00 AM Communication Skills 10:00 AM Cooking Group 11:00 AM Walking Group 12:30 PM Mindfulness Meditation 01:30 PM Store OUTING: Movies</p> 
<p>27</p> <p>10:00 AM Seeking Safety 10:00 AM Anger Reduction 10:00 AM Cooking Group 11:00 AM Community Meeting 12:00 PM Grounding Exercises 12:30 PM Co Occurring 01:30 PM Store</p>	<p>28</p> <p>10:00 AM Schizophrenia Support 10:00 AM Self Esteem 10:00 AM Cooking Group 12:30 PM Employment Readiness 12:30 PM Art Group 12:30 pm Lifeskills (Foodshare)</p> 	<p>29</p> <p>09:45 AM Community Meeting 10:00 AM Anxiety Reduction 10:00 AM Co-occurring 10:00 AM Cooking Group 11:30 AM Walking Group 12:30 PM Creative Writing 01:30 PM Store</p>	<p>30</p> <p>09:00 AM Lifeskills: Aldi 10:00 AM Overcoming Depression 10:00 AM Cooking Group 10:00 AM Coping through Literature 11:30 AM Walking Group 12:30 PM Healthy Habits 12:30 PM Lifeskills: Smart N Final</p> 	<p>31</p> <p>10:00 AM Communication Skills 10:00 AM Cooking Group 11:00 AM Walking Group 12:30 PM Mindfulness Meditation 01:30 PM Store</p> 



