

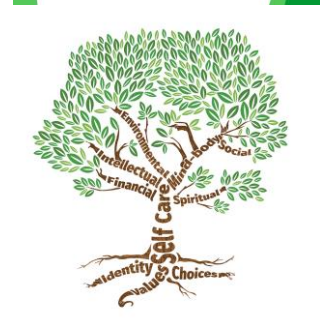
# New Visions Center Schedule

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10:00 AM Co Occurring 10:00 AM Positive Thinking 10:00 AM Cooking Group 12:30 PM Walking Group 12:30 PM Anger Reduction Group 01:30 PM Store	<b>2</b> 10:00 AM Schizophrenia Support 10:00 AM Self Esteem 10:00 AM Cooking Group 10:00 AM Chair Yoga Exercises 12:30 PM Art Therapy Group 12:30 PM Lifeskills (Foodshare)	<b>3</b> 10:00 AM Anxiety Reduction 10:00 AM Seeking Safety 10:00 AM Coping through Literature 10:00 AM Cooking Group 12:30 PM Co Occurring 12:30 PM Creative Writing 01:30 PM Store	<b>4</b> 09:00 AM Lifeskills: Aldi 10:00 AM Overcoming Depression 10:00 AM Cooking Group 12:30 PM Walking Group 12:30 PM Healthy Habits 12:30 PM Lifeskills: Smart N Final	<b>5</b> 09:30 AM Club Council 10:00 AM Communication Skills 10:00 AM Men's Group 10:00 AM Cooking Group 12:30 PM Mindfulness Meditation 01:30 PM Store <b>OUTING: Botanical Garden</b>
<b>8</b> 10:00 AM Co Occurring 10:00 AM Seeking Safety 10:00 AM Cooking Group 12:30 PM Walking Group 12:30 PM Positive Thinking 01:30 PM Store	<b>9</b> 10:00 AM Self-Esteem 10:00 AM Cooking Group 10:00 AM Knitting in Recovery 12:30 PM Schizophrenia Support 12:30 PM Art Therapy Group 12:30 pm Lifeskills (Foodshare)	<b>10</b> 10:00 AM Anxiety Reduction 10:00 AM Women's Group 10:00 AM Coping through Literature 10:00 AM Cooking Group 12:30 PM Co Occurring 12:30 PM Creative Writing 01:30 PM Store	<b>11</b> 09:00 AM Lifeskills: Aldi 10:00 AM Overcoming Depression 10:00 AM Cooking Group 11:30 AM Walking Group 12:30 PM Healthy Habits 12:30 PM Lifeskills: Smart N Final	<b>12</b> 09:30 AM Club Council 10:00 AM Communication Skills 10:00 AM Men's Group 10:00 AM Cooking Group 12:30 PM Mindfulness Meditation 01:30 PM Store <b>OUTING: Ventura County Museum</b>
<b>15</b> 10:00 AM Co Occurring 10:00 AM Positive Thinking 10:00 AM Cooking Group 12:30 PM Walking Group 12:30 PM Anger Reduction Group 01:30 PM Store	<b>16</b> 10:00 AM Schizophrenia Support 10:00 AM Self Esteem 10:00 AM Cooking Group 12:30 PM Art Therapy Group 12:30 PM Lifeskills (Foodshare) <b>12:30 PM OUTING: MOVIE</b>	<b>17</b> 10:00 AM Anxiety Reduction 10:00 AM Seeking Safety 10:00 AM Coping through Literature 10:00 AM Cooking Group 12:30 PM Co Occurring 12:30 PM Creative Writing 01:30 PM Store	<b>18</b> 09:00 AM Lifeskills: Aldi 10:00 AM Overcoming Depression 10:00 AM Cooking Group 12:30 PM Walking Group 12:30 PM Healthy Habits 12:30 PM Lifeskills: Smart N Final	<b>19</b> 09:30 AM Club Council 10:00 AM Communication Skills 10:00 AM Men's Group 10:00 AM Cooking Group 12:30 PM Mindfulness Meditation 01:30 PM Store
<b>22</b> 10:00 AM Co Occurring 10:00 AM Seeking Safety 10:00 AM Cooking Group 12:30 PM Walking Group 12:30 PM Positive Thinking 01:30 PM Store	<b>23</b> 10:00 AM Self-Esteem 10:00 AM Cooking Group 10:00 AM Knitting in Recovery 12:30 PM Schizophrenia Support 12:30 PM Art Therapy Group 12:30 pm Lifeskills (Foodshare)	<b>24</b> 10:00 AM Anxiety Reduction 10:00 AM Women's Group 10:00 AM Coping through Literature 10:00 AM Cooking Group 12:30 PM Co Occurring 12:30 PM Creative Writing 01:30 PM Store	<b>25</b> 09:00 AM Lifeskills: Aldi 10:00 AM Overcoming Depression 10:00 AM Cooking Group 11:30 AM Walking Group 12:30 PM Healthy Habits 12:30 PM Lifeskills: Smart N Final	<b>26</b> 09:30 AM Club Council 10:00 AM Communication Skills 10:00 AM Men's Group 10:00 AM Cooking Group 12:30 PM Mindfulness Meditation 01:30 PM Store
<b>29</b> 	<b>30</b> 10:00 AM Schizophrenia Support 10:00 AM Self Esteem 10:00 AM Cooking Group 10:00 AM Walking Group 12:30 PM Art Therapy Group 12:30 PM Lifeskills (Foodshare)	<b>31</b> 10:00 AM Anxiety Reduction 10:00 AM Seeking Safety 10:00 AM Coping through Literature 10:00 AM Cooking Group 12:30 PM Co Occurring 12:30 PM Creative Writing 01:30 PM Store	<b>1</b> <b>Reminder:</b> We are closed on <b>May 29th</b> in honor of <b>Memorial Day!</b>	<b>2</b> <b>Reminder:</b> Food Share every Tuesday <b>Aldi</b> every Thursday

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Vertical grey line