







NEW VISIONS CENTER SCHEDULE

August



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

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
<p>Color Key: Louie Steven Victor Tony Regina Alyssa Jessica</p>	<p>LUNCH IS SERVED APPROXIMATELY AT 11:30 EVERYDAY Store every Monday, Wednesday and Friday @ 1:30 PM</p>	<p>REMINDER: Food Share every Monday Aldi every Thursday</p>  	<p>09:00 Client Socialization 10:00 Seeking Safety 10:00 Lunch Prep 12:30 Blissful Deep Relaxation ALDI</p> 	<p>09:30 Community Meeting 10:00 Art Therapy/Brain Sculpture 10:00 Lunch Prep. 12:30 Chair Yoga Exercises 1:30 Store</p>
5	6	7	8	9
<p>09:00 Client Socialization 10:00 Anger Management 10:00 Co-Occurring Disorders 10:00 Lunch Prep. 12:30 Walking Group 1:30 Store FOOD SHARE</p> 	 <p>"A COUNTRY FAIR WITH OCEAN AIR"</p>	<p>09:00 Client Socialization 10:00 Anxiety Reduction 10:00 Social Skills 10:00 Lunch Prep. 12:30 Journaling for Future Self Visualization</p>	<p>09:00 Client Socialization 10:00 Overcoming Depression 10:00 Lunch Prep 12:30 Guided Meditation: Self Love ALDI</p> 	<p>09:30 Community Meeting 10:00 Art Therapy/Mirror Drawing 10:00 Lunch Prep. 12:30 Chair Yoga Exercises 1:30 Store</p>
12	13	14	15	16
<p>09:00 Client Socialization 10:00 Anger Management 10:00 Co-Occurring Disorders 10:00 Lunch Prep. 12:30 Social Skills 1:30 Store FOOD SHARE</p> 	<p>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</p>	<p>09:00 Client Socialization 10:00 Grief Group 10:00 Lunch Prep. 12:30 Inner Child Reflection Outing: Ojai</p>	<p>09:00 Client Socialization 10:00 Seeking Safety 10:00 Lunch Prep. 12:30 Guided Meditation to Find Peace ALDI</p> 	<p>09:30 Community Meeting 10:00 Art Therapy/ The Growth Mindset 10:00 Lunch Prep. 12:30 Chair Yoga Exercises 1:30 Store</p>
19	20	21	22	23
<p>09:00 Client Socialization 10:00 Anger Management 10:00 Co-Occurring Disorders 10:00 Lunch Prep. 12:30 Walking Group 1:30 Store FOOD SHARE</p> 	<p>09:00 Client Socialization 10:00 Men's Group 10:00 Women's Group 10:00 Lunch Prep. 12:30 Positive Thinking 12:30 Smart & Final</p>	<p>09:00 Client Socialization 10:00 Anxiety Reduction 10:00 Lunch Prep. 12:30 Journaling for Processing Emotions OUTING: Swap Meet Ventura Fairgrounds</p>	<p>09:00 Client Socialization 10:00 Overcoming Depression 10:00 Lunch Prep. 12:30 Guided Meditation for Positive Energy ALDI</p> 	
26	27	28	29	30
<p>09:00 Client Socialization 10:00 Anger Management 10:00 Co-Occurring Disorders 10:00 Lunch Prep. 12:30 Social Skills 1:30 Store FOOD SHARE</p> 	<p>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</p>	<p>09:00 Client Socialization 10:00 Anxiety Reduction 10:00 Lunch Prep. 12:30 Journaling for Gratitude and Self-Love OUTING: Harbor Village</p>	<p>09:00 Client Socialization 10:00 Seeking Safety 10:00 Lunch Prep. 12:30 Focused Meditation ALDI</p> 	<p>09:30 Community Meeting 10:00 Art Therapy/ Brain Watercolor 10:00 Lunch Prep. 12:30 Chair Yoga Exercises 1:30 Store</p>