












**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
31	1	2	3	4
<b>REMINDER:</b> <b>Food Share</b> every Monday <b>Aldi</b> every Thursday  	09:00 Client Socialization 10:00 Men's Group 10:00 Women's Group 10:00 Lunch Prep. 12:30 Symptom Management 12:30 Smart & Final	09:00 Client Socialization 10:00-12:00PM <b>WRAP Group</b> 10:00 Lunch Prep. 1:00 Growth Mindset	09:00 Client Socialization 10:00 <b>Seeking Safety</b> 10:00 Lunch Prep 12:30 The Breath ALDI 	09:45 <b>Community Meeting</b> 10:00 Art Therapy/Egg Carton Caterpillars 10:00 Lunch Prep. 12:30 Chair Yoga Exercises 1:30 Store
7	8	9	10	11
09:00 Client Socialization 10:00 <b>Healthy Habits</b> 10:00 Co-Occurring 10:00 Lunch Prep. 12:30 <b>Anger Management</b> 1:30 Store <b>FOOD SHARE</b> 	09:00 Client Socialization 10:00 Anxiety Reduction Group 10:00 Lunch Prep. 12:30 <b>Positive Thinking</b> OUTING: Dollar Tree	09:00 Client Socialization 10:00-12:00PM <b>WRAP Group</b> 10:00 Lunch Prep. 1:00 Exploring Fear	09:00 Client Socialization 10:00 <b>Overcoming Depression</b> 10:00 Lunch Prep 12:30 <b>The Present Moment</b> 	09:00 Client Socialization 10:00 Art Therapy/Egg collage 10:00 Lunch Prep. 12:30 <b>Chair Yoga Exercises</b> 1:30 Store
14	15	16	17	18
09:00 Client Socialization 10:00 Communication Skills 10:00 <b>Co-Occurring</b> 10:00 Lunch Prep. 12:30 Self Esteem 1:30 Store <b>FOOD SHARE</b> 	09:00 Client Socialization 10:00 Anxiety Redcuton Group 10:00 Lunch Prep. 12:30 Symptom Management OUTING: Dollar Tree	09:00 Client Socialization 09:45 <b>AM Community Meeting</b> 10:00 Grief Group 10:00 Lunch Prep. 12:30PM Journaling for Gratitude	09:00 Client Socialization 10:00 Seeking Safety 10:00 Lunch Prep 12:30 <b>Progressive Muscle Relaxation</b> ALDI 	
21	22	23	24	25
09:00 Client Socialization 10:00 <b>Healthy Habits</b> 10:00 Co-Occurring 10:00 Lunch Prep. 12:30 <b>Anger Management</b> 1:30 Store <b>FOOD SHARE</b> 	09:00 Client Socialization 10:00 Anxiety Reduction Group 10:00 Lunch Prep. 12:30 <b>Positive Thinking</b> OUTING: Dollar Tree	09:00 Client Socialization 10:00-12:00PM <b>WRAP Group</b> 10:00 Lunch Prep. 1:00 Relationship reflections	09:00 Client Socialization 10:00 <b>Overcoming Depression</b> 10:00 Lunch Prep 12:30 Blissful Deep Relaxation ALDI 	09:45 Community Meeting 10:00 Art Therapy/Pedals of Positivity 10:00 Lunch Prep. 12:30 Chair Yoga Exercises 1:30 Store
28	29	30	1	2
09:00 Client Socialization 10:00 Communication Skills 10:00 <b>Co-Occurring</b> 10:00 Lunch Prep. 12:30 Self Esteem 1:30 Store <b>FOOD SHARE</b> 	09:00 Client Socialization 10:00 Men's Group 10:00 Women's Group 10:00 Lunch Prep. 12:30 Symptom Management	09:00 Client Socialization 10:00-12:00PM <b>WRAP Group</b> 10:00 Lunch Prep. 1:00 Self Discovery	<b>ATTENTION:</b> <b>Egg Hunting on April 18. Come join us for fun and games.</b>	Staff: Louie ext. 114 Steven ext. 115 Tony ext. Jessica ext. 119 Barrett ext. 118 Mahea ext. 119