

**NEW VISIONS CENTER SCHEDULE**  
**OPEN MON-FRI 9:00AM-2:00PM**

**APRIL**



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

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
<b>REMINDER:</b> Food Share every Monday Aldi every Thursday  	<b>ATTENTION:</b> <b>We are having Easter Egg Hunting and BBQ on April 8</b>	<b>09:45 Community Meeting</b> 10:00 Symptom Management 10:00 Healthy Habits 10:00 Lunch Prep. <b>12:30 Journaling/Coloring Group</b> 12:30 Mindful Games	<b>09:45 Community Meeting</b> <b>10:00 Seeking Safety</b> 10:00 Lunch Prep <b>12:30 Wellness Group</b> <b>ALDI</b> 	<b>09:00 Client Socialization</b> <b>10:00 Anxiety Reduction</b> <b>10:00 Lunch Prep.</b> <b>12:30 Chair Yoga Exercise</b> <b>1:00 Store</b>
6	7	8	9	10
<b>09:00 Client Socialization</b> <b>10:00 Overcoming Depression</b> <b>10:00 Life skills (Laundry)</b> <b>10:00 Lunch Prep.</b> <b>12:30 Art Therapy</b> <b>1:30 Store</b> <b>FOOD SHARE</b> 	<b>09:45 Community Meeting</b> <b>10:00 Anger Management</b> <b>10:00 Co-occurring</b> <b>10:00 Lunch Prep.</b> <b>12:00 Mindful Walking Group</b> <b>12:30 Self Esteem</b>		<b>09:00 Client Socialization</b> <b>10:00 Seeking Safety</b> <b>10:00 Lunch Prep</b> <b>12:30 Wellness Group</b> <b>ALDI</b> 	<b>09:45 Community Meeting</b> <b>10:00 Anxiety Reduction</b> <b>10:00 Lunch Prep.</b> <b>12:30 Chair Yoga Exercise</b> <b>Outing: Heritage Square Oxnard</b>
13	14	15	16	17
<b>09:00 Client Socialization</b> <b>10:00 Overcoming Depression</b> <b>10:00 Life skills (Carwash)</b> <b>10:00 Lunch Prep.</b> <b>12:30 Art Therapy</b> <b>1:30 Store</b> <b>FOOD SHARE</b> 	<b>10:00 Positive Thinking</b> <b>10:00 Co-occurring</b> <b>10:00 Lunch Prep.</b> <b>12:00 Ventura Library walking Group</b> <b>12:30 Self Esteem</b>	<b>09:45 Community Meeting</b> <b>10:00 Symptom Management</b> <b>10:00 Healthy Habits</b> <b>10:00 Lunch Prep.</b> <b>12:30 Journaling/Coloring Group</b> <b>12:30 Mindful Games</b>	<b>09:45 Community Meeting</b> <b>10:00 Seeking Safety</b> <b>10:00 Lunch Prep</b> <b>12:30 Wellness Group</b> <b>ALDI</b> 	<b>09:00 Client Socialization</b> <b>10:00 Anxiety Reduction</b> <b>10:00 Lunch Prep.</b> <b>12:30 Chair Yoga Exercise</b> <b>Outing: Seaside Garden</b>
20	21	22	23	24
<b>09:00 Client Socialization</b> <b>10:00 Overcoming Depression</b> <b>10:00 Lunch Prep.</b> <b>12:30 Art Therapy</b> <b>1:30 Store</b> <b>FOOD SHARE</b> 	<b>09:45 Community Meeting</b> <b>10:00 Anger Management</b> <b>10:00 Co-occurring</b> <b>10:00 Lunch Prep.</b> <b>12:00 Mindful Walking Group</b> <b>12:30 Self Esteem</b>	<b>09:45 Community Meeting</b> <b>10:00 Symptom Management</b> <b>10:00 Grief</b> <b>10:00 Lunch Prep.</b> <b>12:30 Journaling Group</b> <b>12:30 Mindful Games</b>	<b>09:00 Client Socialization</b> <b>10:00 Seeking Safety</b> <b>10:00 Lunch Prep</b> <b>12:30 Wellness Group</b> <b>ALDI</b> 	<b>09:00 Client Socialization</b> <b>10:00 Anxiety Reduction</b> <b>10:00 Lunch Prep.</b> <b>12:30 Chair Yoga Exercise</b> <b>Outing: Sierra Cross</b>
27	28	29	30	1
<b>09:00 Client Socialization</b> <b>10:00 Overcoming Depression</b> <b>10:00 Life skills (Laundry)</b> <b>10:00 Lunch Prep.</b> <b>12:30 Art Therapy</b> <b>1:30 Store</b> <b>FOOD SHARE</b> 	<b>10:00 Positive Thinking</b> <b>10:00 Co-occurring</b> <b>10:00 Lunch Prep.</b> <b>12:00 Ventura Library walking Group</b> <b>12:30 Self Esteem</b>	<b>09:45 Community Meeting</b> <b>10:00 Symptom Management</b> <b>10:00 Healthy Habits</b> <b>10:00 Lunch Prep.</b> <b>12:30 Journaling Group</b> <b>12:30 Mindful Games</b>	<b>09:00 Client Socialization</b> <b>10:00 Seeking Safety</b> <b>10:00 Lunch Prep</b> <b>12:30 Wellness Group</b> <b>ALDI</b> 	<b>Staff:</b> <b>Louie ext. 114</b> <b>Diana ext. 115</b> <b>Shelcy ext. 118</b> <b>Andrea ext. 119</b> <b>Francisco ext. 120</b>