

**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   |
|--|--|---|---|--|
| <b>2</b>   | <b>3</b>   | <b>4</b>  | <b>5</b>  | <b>6</b>   |
| 09:00 Client Socialization<br>10:00 Overcoming Depression<br>10:00 Co-occurring<br>10:00 Lunch Prep.<br>12:30 Art Therapy<br>1:30 Store<br><b>FOOD SHARE</b>    | 09:00 Client Socialization<br>10:00 Anxiety Reduction<br>10:00 Lunch Prep.<br>12:30 Symptom Management | 09:45 Community Meeting<br>10:00-12:00PM WRAP Group<br>10:00 Lunch Prep.<br>1:00 Healthy Habits<br>1:30 Store                                 | 09:00 Client Socialization<br>10:00 Seeking Safety<br>10:00 Lunch Prep<br>12:30 Mindfulness Meditation<br><b>ALDI</b>    | 09:45 Community Meeting<br>10:00 Self Esteem<br>10:00 Lunch Prep.<br>12:30 Anger Management<br>1:30 Store  |
| <b>9</b>   | <b>10</b>  | <b>11</b>   | <b>12</b>   | <b>13</b>  |
| 09:00 Client Socialization<br>10:00 Overcoming Depression<br>10:00 Co-occurring<br>10:00 Lunch Prep.<br>12:30 Art Therapy<br>1:30 Store<br><b>FOOD SHARE</b>    | 09:00 Client Socialization<br>10:00 Anxiety Reduction<br>10:00 Lunch Prep.<br>12:30 Symptom Management | 09:45 AM Community Meeting<br>10:00 Grief Group<br>10:00 Schizophrenia Support<br>10:00 Lunch Prep.<br>12:30PM Journaling Group<br>1:30 Store | 09:00 Client Socialization<br>10:00 Seeking Safety<br>10:00 Lunch Prep<br>12:30 Mindfulness Meditation<br><b>ALDI</b>    |                         |
| <b>16</b>  | <b>17</b>  | <b>18</b>   | <b>19</b>   | <b>20</b>  |
|   | 09:00 Client Socialization<br>10:00 Anxiety Reduction<br>10:00 Lunch Prep.<br>12:30 Symptom Management | 09:00 Client Socialization<br>10:00-12:00PM WRAP Group<br>10:00 Lunch Prep.<br>1:00 Healthy Habits<br>1:30 Store                              | 09:45 Community Meeting<br>10:00 Seeking Safety<br>10:00 Lunch Prep<br>12:30 Mindfulness Meditation<br><b>ALDI</b>     | 09:45 Community Meeting<br>10:00 Self Esteem<br>10:00 Lunch Prep.<br>12:30 Anger Management<br>1:30 Store  |
| <b>23</b>  | <b>24</b>  | <b>25</b>   | <b>26</b>   | <b>27</b>  |
| 09:00 Client Socialization<br>10:00 Overcoming Depression<br>10:00 Co-occurring<br>10:00 Lunch Prep.<br>12:30 Art Therapy<br>1:30 Store<br><b>FOOD SHARE</b>  | 09:00 Client Socialization<br>10:00 Anxiety Reduction<br>10:00 Lunch Prep.<br>12:30 Symptom Management | 09:45 AM Community Meeting<br>10:00 Grief Group<br>10:00 Schizophrenia Support<br>10:00 Lunch Prep.<br>12:30PM Healthy Habits<br>1:30 Store   | 09:00 Client Socialization<br>10:00 Seeking Safety<br>10:00 Lunch Prep<br>12:30 Mindfulness Meditation<br><b>ALDI</b>  | 09:45 Community Meeting<br>10:00 Self Esteem<br>10:00 Lunch Prep.<br>12:30 Positive Thinking<br>1:30 Store |