

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
1	2	3	4	5
10:00 Overcoming Depression 10:00 Lunch Prep. 12:30 Art Therapy 1:00 Store FOOD SHARE	09:45 Community Meeting 10:00 Symptom Management 10:00 Co-occurring 10:00 Lunch Prep. 12:00 Mindful Walking Group 12:30 Self Esteem	09:45 Community Meeting 10:00 Schizophrenia Support 10:00 Healthy Habits 10:00 Lunch Prep. 12:30 Journaling Group	10:00 Somatic Group Therapy 10:00 Seeking Safety 10:00 Lunch Prep 12:30 Wellness Group ALDI	10:00 Anxiety Management 10:00 Lunch Prep. 12:00 Mindful Walking 12:30 Chair Yoga Exercise 1:00 Store
8	9	10	11	12
10:00 Overcoming Depression 10:00 Lunch Prep. 12:30 Art Therapy 1:00 Store FOOD SHARE	09:45 Community Meeting 10:00 Communication Skills 10:00 Co-occurring 10:00 Lunch Prep. 12:30 Self Esteem Outing: Moorpark Zoo	09:45 Community Meeting 10:00 Positive Thinking 10:00 Schizophrenia Support 10:00 Lunch Prep. 12:30 Journaling Group	10:00 Relational Skills 10:00 Lunch Prep 12:30 Wellness Group ALDI	10:00 Anxiety Management 10:00 Lunch Prep. 12:00 Mindful Walking 12:30 Chair Yoga Exercise 1:00 Store
15	16	17	18	19
10:00 Overcoming Depression 10:00 Lunch Prep. 12:30 Art Therapy 1:00 Store FOOD SHARE	09:45 Community Meeting 10:00 Symptom Management 10:00 Co-occurring 10:00 Lunch Prep. 12:30 Self Esteem Outing: Moorpark Zoo	09:45 Community Meeting 10:00 Schizophrenia Support 10:00 Healthy Habits 10:00 Lunch Prep. 12:30 Journaling Group	10:00 Somatic Group Therapy 10:00 Seeking Safety 10:00 Lunch Prep 12:30 Wellness Group ALDI	<div style="background-color: yellow; padding: 5px; text-align: center;">NEW</div> <div style="background-color: blue; color: white; padding: 10px; text-align: center; font-size: 2em; font-weight: bold;">VISION BBQ</div>
22	23	24	25	26
10:00 Overcoming Depression 10:00 Life skills (Laundry) 10:00 Lunch Prep. 12:30 Art Therapy 1:00 Store FOOD SHARE	10:00 Communication Skills 10:00 Co-occurring 10:00 Lunch Prep. 12:00 Tyler's Community Meeting 12:30 Self Esteem Outing: Moorpark Zoo	09:45 Community Meeting 10:00 Positive Thinking 10:00 Schizophrenia Support 10:00 Healthy Habits 10:00 Lunch Prep. 12:30 Journaling Group	10:00 Relational Skills 10:00 Life skills (BBQ Prep) 10:00 Lunch Prep 12:30 Wellness Group ALDI	10:00 Anxiety Management 10:00 Lunch Prep. 12:00 Mindful Walking 12:30 Chair Yoga Exercise 1:00 Store
29	30	1	2	3
10:00 Grief Group 10:00 Life skills (Carwash) 10:00 Lunch Prep. 12:30 Art Therapy 1:00 Store FOOD SHARE	09:45 Community Meeting 10:00 Symptom Management 10:00 Co-occurring 10:00 Lunch Prep. 12:30 Self Esteem	REMINDER: Food Share every Monday Aldi every Thursday	Staff: Louie ext. 114 Diana ext. 115 Shelcy ext. 118 Andrea ext. 119 Francisco ext. 120	ATTENTION: We are having BBQ on June 19. Games, food, prices. Join us for fun and games.