

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

December



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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
09:00 Client Socialization 10:00 Anger Management 10:00 Co-Occurring 10:00 Lunch Prep. 12:30 Walking Group 1:30 Store FOOD SHARE	09:00 Client Socialization 10:00 Men's Group 10:00 Schizophrenia Support 10:00 Lunch Prep. 12:30 Positive Thinking 12:30 Smart & Final	09:00 Client Socialization 10:00 Anxiety Reduction 10:00 Lunch Prep. 12:30 Journaling for Self Improvement Outing: Christmas on the Farm	09:00 Client Socialization 10:00 Seeking Safety 10:00 Lunch Prep 12:30 Blissful Deep Relaxation ALDI	09:30 Community Meeting 10:00 Art Therapy/Magical Holiday Painting 10:00 Lunch Prep. 12:30 Chair Yoga Exercises 1:30 Store
9	10	11	12	13
09:00 Client Socialization 10:00 Healthy Habits 10:00 Co-Occurring 10:00 Lunch Prep. 12:30 Social Skills 1:30 Store FOOD SHARE	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	09:00 Client Socialization 10:00 Grief Group 10:00 Lunch Prep. 12:30 Journaling for Personal Growth Outing: Christmas on the Farm	09:00 Client Socialization 10:00 Overcoming Depression 10:00 Lunch Prep 12:30 Guided Meditation ALDI	09:30 Community Meeting 10:00 Art Therapy/Pinecone Decorating 10:00 Lunch Prep. 12:30 Chair Yoga Exercises 1:30 Store
16	17	18	19	20
09:00 Client Socialization 10:00 Anger Management 10:00 Co-Occurring 10:00 Lunch Prep. 12:30 Walking Group 1:30 Store FOOD SHARE	09:00 Client Socialization 10:00 Men's Group 10:00 Schizophrenia Awareness 10:00 Lunch Prep. 12:30 Positive Thinking 12:30 Smart & Final	09:00 Client Socialization 10:00 Anxiety Reduction 10:00 Lunch Prep. 12:30 Journaling for Self Efficacy Outing: Christmas on the Farm	09:00 Client Socialization 10:00 Seeking Safety 10:00 Lunch Prep 12:30 Progressive Muscle Relaxation ALDI	
23	24	25	26	27
09:00 Client Socialization 10:00 Healthy Habits 10:00 Co-Occurring 10:00 Lunch Prep. 12:30 Social Skills 1:30 Store FOOD SHARE	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		09:00 Client Socialization 10:00 Overcoming Depression 10:00 Lunch Prep 12:30 Guided Meditation ALDI	09:30 Community Meeting 10:00 Art Therapy/ Snowflake watercolor 10:00 Lunch Prep. 12:30 Chair Yoga Exercises 1:30 Store
30	31	1	2	3
09:00 Client Socialization 10:00 Anger Management 10:00 Co-Occurring 10:00 Lunch Prep. 12:30 Walking Group 1:30 Store FOOD SHARE	09:00 Client Socialization 10:00 Men's Group 10:00 Schizophrenia Awareness 10:00 Lunch Prep. 12:30 Positive Thinking 12:30 Smart & Final		ATTENTION: We will be closed on Christmas 12/25/24 and New Years Day 1/1/2025	REMINDER: Food Share every Monday Aldi every Thursday  