

# OXNARD CLUB HOUSE SCHEDULE

OPEN MON - FRI 9:00AM - 2:00PM



426 W. 5th St  
Oxnard CA,  
Phone 805 - 247 - 0750

Monday	Tuesday	Wednesday	Thursday	Friday
<p>02</p> <p>09:15 Club Council 09:30 Community Meeting 10:00 Overcoming Depression 10:00 Lunch Prep 11:30 Walking Group 12:30 Seeking Safety FOOD SHARE</p> 	<p>03</p> <p>10:00 Anger Management 10:00 Lunch Prep 11:30 Walking Group 12:30 Symptom Management 1:30 Store OUTING: Movies</p>	<p>04</p> <p>09:30 Community Meeting 10:00 Co-Occurring Awareness 10:00 Healthy Habits 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Art Group FOOD SHARE</p> 	<p>05</p> <p>10:00 Self Esteem 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Relaxation Group 1:30 Store FOOD SHARE</p> 	<p>06</p> <p>09:00 Breakfast Prep. Group 10:00 Schizophrenia Awareness 10:00 Communications Group 11:30 Walking Group 12:30 Social Skills FOOD SHARE</p> 
<p>09</p> <p>09:15 Club Council 09:30 Community Meeting 10:00 Overcoming Depression 10:00 Lunch Prep 11:30 Walking Group 12:30 Seeking Safety FOOD SHARE</p> 	<p>10</p> <p>10:00 Anger Management 10:00 Lunch Prep 11:30 Walking Group 12:30 Symptom Management 1:30 Store OUTING: Shopping &amp; Food</p> 	<p>11</p> <p>09:30 Community Meeting 10:00 Co-Occurring Awareness 10:00 Healthy Habits 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Art Group FOOD SHARE</p> 	<p>12</p> <p>10:00 Self Esteem 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Relaxation Group 1:30 Store FOOD SHARE</p> 	<p>13</p> <p>09:00 Breakfast Prep. Group 10:00 Communications Group 10:00 Schizophrenia Awareness 11:30 Walking Group 12:30 Social Skills FOOD SHARE</p> 
<p>16</p> <p>09:15 Club Council 09:30 Community Meeting 10:00 Overcoming Depression 10:00 Lunch Prep 11:30 Walking Group 12:30 Seeking Safety FOOD SHARE</p> 	<p>17</p> <p>10:00 Anger Management 10:00 Lunch Prep 11:30 Walking Group 12:30 Symptom Management 1:30 Store OUTING: Ventura Pier</p> 	<p>18</p> <p>09:30 Community Meeting 10:00 Co-Occurring Awareness 10:00 Healthy Habits 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Art Group FOOD SHARE</p> 	<p>19</p> <p>10:00 Self Esteem 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Relaxation Group 1:30 Store FOOD SHARE</p>  	<p>20</p> 
<p>23</p> <p>09:15 Club Council 09:30 Community Meeting 10:00 Overcoming Depression 10:00 Lunch Prep 11:30 Walking Group 12:30 Seeking Safety FOOD SHARE</p> 	<p>24</p> <p>10:00 Anger Management 10:00 Lunch Prep 11:30 Walking Group 12:30 Symptom Management 1:30 Store OUTING: Bowling</p>	<p>25</p> <p>Closed</p> 	<p>26</p> <p>10:00 Self Esteem 10:00 Lunch Prep Group 11:30 Walking Group 12:30 Relaxation Group 1:30 Store FOOD SHARE</p> 	<p>27</p> <p>09:00 Breakfast Prep. Group 10:00 Communications Group 10:00 Schizophrenia Awareness 11:30 Walking Group 12:30 Social Skills FOOD SHARE</p> 
<p>30</p> <p>09:15 Club Council 09:30 Community Meeting 10:00 Overcoming Depression 10:00 Lunch Prep 11:30 Walking Group 12:30 Seeking Safety FOOD SHARE</p> 	<p>31</p> <p>10:00 Anger Management 10:00 Lunch Prep 11:30 Walking Group 12:30 Symptom Management 1:30 Store OUTING: Santa Monica Pier</p>	<p>REMINDER!</p> <p>LUNCH IS SERVED APPROXIMATELY AT 11:00 EVERYDAY</p> <p>Store every Tuesday and Thursday @ 1:30</p>	<p>Food Share Every Monday and Wednesday</p> 	<p><b>Color Key</b></p> <p>Jesse    Angela Mariel    Taylor Alex Maya</p> 