



Wellness Center Zoom Groups Calendar *June 2022*



Monday	Tuesday	Wednesday	Thursday	Friday
<p>CLOSED FOR MEMORIAL DAY</p>  <p>www.wellnesscenter.org</p>	<p>3 <i>No Groups</i></p>	<p>1 <i>No Groups</i></p>	<p>2 <u>Creative Writing Group</u> 4:00pm</p>	<p>3 <u>Grief and Loss Group</u> 11:00am <u>Yoga for All</u> 1:30pm</p>
<p>6 DBT-Dialectical Behavior Therapy 3:00pm (in person)</p>	<p>7 <i>No Groups</i></p>	<p>8 <i>No Groups</i></p>	<p>9 <u>Creative Writing Group</u> 4:00pm</p>	<p>10 <u>Grief and Loss Group</u> 11:00am <u>Yoga for All</u> 1:30pm</p>
<p>13 DBT-Dialectical Behavior Therapy 3:00pm (in person)</p>	<p>14 <i>No Groups</i></p>	<p>15 <i>No Groups</i></p>	<p>16 <u>Creative Writing Group</u> 4:00pm</p>	<p>17 <u>Grief and Loss Group</u> 11:00am <u>Yoga for All</u> 1:30pm</p>
<p>20/27 DBT-Dialectical Behavior Therapy 3:00pm(in person)</p> 	<p>21/28 <i>No Groups</i></p>	<p>22/29 <i>No Groups</i></p>	<p>23/30 <u>Creative Writing Group</u> 4:00pm</p>	<p>24 <u>Grief and Loss Group</u> 11:00am <u>Yoga for All</u> 1:30pm</p>

Wellness Center Zoom Groups Information

MONDAY



DBT

Dialectical Behavioral
Therapy

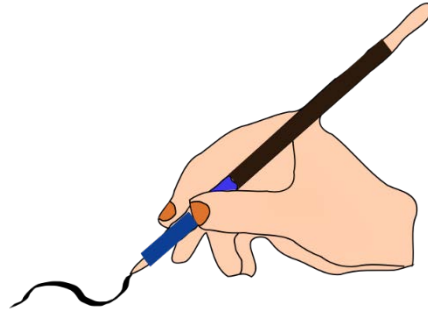
**DBT in person: Life Skills Workshop
3:00PM-5:00PM @ Martin Luther King Jr. Park
1950 Lemon Ave. Long Beach CA 90806**

With Pam Poindexter

ppoindexter@mhala.org

Phone: 562-760-1691

THURSDAY



**Thursday's
Creative Writing through Zoom
4:00PM-5:00PM
@Zoom with
Barbara Carrillo
@ bcarrillo@mhala.org**

Creative Writing Meets on Zoom

You can join the group by using one of the following three options.

1. Click this link
<https://us06web.zoom.us/j/86501996628?pwd=UIRBN3o2VDQrUkVsc3RncGZET0Vjdz09>
2. Go to Zoom.us or Open the Zoom app. “Click Join Meeting” and enter Meeting ID: 865 0199 6628
Passcode: 142632
3. Call 669-900-9128. When asked, enter the Meeting ID (865 0199 6628) and Passcode: 142632

FRIDAY



**Grief and Loss Group through Zoom
Fridays 11:00AM-12:00PM**

**@Zoom with
Helen Ciriello**

hciriello@mhala.org

Grief and Loss Group Meets on Zoom

You can join the group by using one of the following three options.

4. Click this link

<https://us06web.zoom.us/j/82938124633?pwd=QmtKejFsQnFGV0QwWVp6OTFuaEhudz09>

**5. Go to Zoom.us or Open the Zoom app. “Click Join Meeting” and enter Meeting ID: 829 3812 4633
Passcode: 232177**

6. Call 669-900-9128. When asked, enter the Meeting ID (829 3812 4633) and Passcode: 232177



Chair Yoga for Everyone through Zoom
Fridays 1:30PM-2:30PM
@Zoom with
Helen Ciriello
hciriello@mhala.org

Yoga for All Meets on Zoom

You can join the group by using one of the following three options.

1. Click this link
<https://us06web.zoom.us/j/82488120694?pwd=MERKSUNrYndid0ZtSUVKdjhxajhpdz09>
2. Go to Zoom.us or Open the Zoom app. “Click Join Meeting” and enter Meeting ID: 824 8812 0694
Passcode: 454708
3. Call 669-900-9128. When asked, enter the Meeting ID (82488120694) and Passcode: 454708