

PEER-LED RECOVERY  
*Connection*  
SUPPORT GROUPS

## Hybrid

### Wednesdays

Led by Wellness Center Central  
9:45 AM - 10:45 AM

#### Wellness Center Central

401 S. Tustin St. #C  
Orange, CA 92866

#### Zoom link:

<https://pathways.zoom.us/j/82450472205>

Meeting ID: 824 5047 2205

### Saturdays

Led by Wellness Center Central  
1:00 PM - 2:00 PM

#### Wellness Center Central

401 S. Tustin St. #C  
Orange, CA 92866

#### Zoom link:

<https://pathways.zoom.us/j/82523848811>

Meeting ID: 825 2384 8811

## In-Person

### Wednesdays

Led by Wellness Center South  
5:30 PM - 6:20 PM

23072 Lake Center Dr Suite 115  
Lake Forest, CA 92630  
Courage Room

### Saturdays

Led by Wellness Center West  
11:00 AM - 12:30 PM

11277 Garden Grove Blvd #101A  
Garden Grove, CA 92843

### For more information:



(714) 544-8488



[namioc.org](http://namioc.org)



[edubinsky@namioc.org](mailto:edubinsky@namioc.org)

NAMI|OC

**WarmLine**

24/7 Mental Health Support

Call or Text: (714) 991-6412

Toll free: (877) 910-9276

LiveChat at: [namioc.org](http://namioc.org)

Email: [wl@namioc.org](mailto:wl@namioc.org)

### Please Note:

If you plan to attend support group meetings at the Wellness Centers, please be aware that these locations require a membership. Membership is free for the Wellness Centers.

## About Peer Support Groups

These support groups are intended for peers ONLY. It encourages empathy, productive discussion and a sense of community. You'll benefit from other's experiences, discover your inner strength and empower yourself by sharing your own experiences in a non-judgmental space. All support groups involve active participation and are NOT open for observation.