

**NEW EDITIONS!
August 2018:**

Postcard Fridays
Open Forum
Stand Beside Yourself
Anatomy of Wellness
Call 224-2005 for more information!

Passion Fair 2018

August 2nd 10AM—2PM
The Passion Fair is here again! Our Bryant & Stratton OTA Students will be at Life Skills Services to share their passions that help their wellness! Come visit and find a new idea, hobby and more!

Life Skills Services' August Workshop Descriptions

Academy of Peer Services: Explore each of the core courses in the Academy of Peer Services. Call to register. (Facilitator: R. Crist)

Anatomy of Wellness: A discussion group about what keeps our bodies healthy. Use of the Physical Wellness piece of the 8 dimensions of wellness to explore.

Apples to Apples Game: Hilarious card matching game. (Participants & Staff)

Art WRAP: A creative way to make a wellness plan—turn your wellness plan into an art book. (Facilitator: R. Crist)

Be the Best You Can Be: Come find out how to get the word *can't* out of your vocabulary by exploring pathways to recovery. (Facilitator: L. Boyce)

Building Relationships: Mutual support group to work together towards wellness of mind and body. (Facilitator: L. Boyce)

Choices in Recovery game: Enjoy playing the 'Choices in Recovery game' with your peers. Explore alternatives to maintain wellness. (Participant Led)

Communication Skills: Develop and improve skills necessary to communicate wants and needs effectively. (Facilitator: L. Boyce)

Community Meeting: Join us for our monthly meeting to share announcements, feedback, and ideas.

Don't Sweat the Small Stuff: Don't let the small stuff drag you down—we will explore this book together. (Facilitator: L. Knauber)

Facilitator Meeting: Interested in leading a workshop at Life Skills, or already facilitating one? This workshop will provide support and facilitation skills.

Mandala Mindfulness: Become mindful through the act of coloring geometric designs. (Facilitator: M. Wolfe)

Meditation & Mindfulness: Practice ways to be present and accepting in your life through meditation, mindfulness activities, and gratitude. (Facilitator: L. Windig)

Money Management: Effectiveness in managing monthly income by utilizing money managing strategies, budget sheets, and more. (Facilitators: M. Wolfe & J. Clark)

A Positive Spin: Explore wellbeing topics then use writing to get a positive spin in your day to day life. (Facilitator: L. Windig)

Open Forum: Join an inclusive and open discussion about many different topics. (Facilitator: L. Boyce)

Potpourri: Participants will talk about a topic of their own interest. (Facilitator: L. Boyce)

Practical Guide to Life (previously Coping): learn new ways of coping with difficult feelings and experiences. (Facilitator: L. Boyce)

Programming Ideas: Step up and share your gifts. Let's share new ideas.

Recovery Inc.: A way to work down trivial crises. (Facilitator: M. Sturtevant)

Short Stories Time: Learn to bring out your inner author, with guidance and your imagination. Learn to write your own short stories. (Facilitator: B. Sebastian)

Stand Beside Yourself: Open discussion and group participation for dealing with anger. (Facilitators: J Clark & M. Wolfe)

Stretch it out: Enjoy a lunch time stretch, time to get the good feelings flowing. (Facilitator: C. Nesmith.)

Unsolved Mysteries: Exploring legends, myths, and the paranormal with like minded folks. (Facilitator: R. Crist)

Volunteer Meeting: This meeting is for anyone interested in contributing to the Life Skills Services community, whether it's getting more involved in workshops, helping at the front desk, or exploring other opportunities for involvement.

Writing to Heal: Adapting grounding techniques through writing. (Facilitator: L. Boyce)



RCIL Presentations:
August 23rd @ 10 AM: Driven to Success



Academy of Peer Services

**Mondays and Fridays from 10-1:00
Starting Sept. 4th, 2018**

The Academy of Peer Services will be reopening. This workshop will go through each of the core courses required for the New York State Certified Peer Specialist credential.

Call 224-2005 to register!