

**NEW EDITIONS!
September 2018:**

ROC FAQs

Hurry Up!

Accountability

Music History in Video

Call 585-224-2005 for more information!

Just the FACTS Pt. 1

September 18th @ 10AM

"One of the best ways I've learned to control anxiety is to find out what the actual issue is rather than the huge catastrophe I think it is."

Facilitator: L. Berger

Life Skills Services' September Workshop Descriptions

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

Acceptance: Learn how to control your recovered life. (L. Boyce)

Accountability: You are not your illness. Learn to be more than you than your diagnosis. (Facilitator: L. Boyce)

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.

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

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

Hurry Up! Learn practices to assist with beating procrastination. (B. Sebastian)

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)

Music History in Video: Music brings people together. Let's watch and learn about some of the most profound music and groups.

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)

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)

ROC FAQs: Fun facts, history and trivia about our Flower city. (Facilitator: R. Crist)

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 Your Anger: 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.)

Tea & Conversation: Develop and improve skills necessary to communicate wants and needs effectively. (Facilitator: L. Boyce)

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.

WRAP en Espanol: Create your own WRAP plan for Spanish speaking peers.

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



Cultivating Serenity

Learning to develop personal serenity by learning what serenity is. What factors disturb our serenity and develop personal strategies to achieve personal serenity.

Facilitator: K. Kastberg

Tuesday Sept. 11th & 25th @ 10am

Academy of Peer Services

**Mondays and Fridays from 10-1:00
Starting Sept. 7th, 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!