



**NEW EDITIONS!
December 2018:**



ROC FAQs

Hurry Up!

Spanish 101

Music History in Video

Call 585-224-2005 for more information!



Just the FACTS Pt. 4



December 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' December Workshop Descriptions



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

Love Thy Self: Grow by accepting who you are and feeling good about who that is. (facilitator: L. Boyce)

Accountability & Advocacy: 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. (Facilitator: L. Boyce)

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

Beneficial Benefits: Learning to get the most out of your benefits & find benefits you may have not known existed. (Facilitator: L. Knauber)

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.

Effective Communicating Styles: Develop and improve skills necessary to communicate wants and needs effectively. (Facilitator: L. Boyce)

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. (Facilitator: P. Rand)

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: Peers)

Practical Guide to Life: 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)

Spanish 101: An introductory workshop on learning to speak Spanish. Beginning with easy topics and gradually increasing. (Facilitator: K. Kastberg)

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. There are many opportunities for you!

Wake Up Trivia: Participants will play trivia using Trivial Pursuit cards. Different color each week. (Facilitators: Peers)

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

RCIL Presentations:

Dec. 20th @ 10 am: Assistance Animals
Dec. 27th @ 10 am: Medicaid v. Medicare

Community & Leisure Passion Fair!!!

Join US for exhibitions that show the Benefit of: Poetry, DIY Holiday gifts, Exercise, Family Activities, Live Music, Art & Photography and Hygge: The Danish Art of Happiness!
In Partnership with Bryant & Stratton OTA program
Friday December 7th @ 10am—1pm

Academy of Peer Services

Mondays and Fridays from 10-1:00
Starting January 7th 2019

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!