



**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. 5**



*January 15th @ 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' January Workshop Descriptions



**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)



### **New Year's Quote:**

*"Let our New Year's resolution be this:*

*We will be there for one another as fellow members of humanity, in the finest sense of the word."*

*-- Goran Persson*

### **RCIL Presentations:**

**Jan. 10th @ 10 am: Self-Advocacy: Do No harm**

**Jan. 24th @ 10 am: Employee Rights**

**Jan. 31st @ 10 am: Benefits Advisement**