



## New Workshops in February



### **Personal Medicine : Anxiety and Effective Communication**

Mondays at 11:0-0

Using Pat Deegan's Recovery Library, learn about using Personal Medicine Cards to support your wellness

#### **Self-Advocacy**

Fridays at 11:00

Develop a personal advocacy plan while exploring local resources

## Writing without Fear

Find fun new ways to write about ourselves, our values, hopes, dreams, goals, strengths and more!  
Large variety of writing activities with Many proven health benefits!

*We are all writers already! NO criticism or critiquing! Positive feedback accepted!*

**1st Wednesdays at 1:45 with Loekie**

## Life Skills Services' February Workshop Descriptions

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

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

**E-mail Basics:** Learn how to set up an use a basic e-mail account. Limited space, call 224-2005 to register (K. Muckstadt)

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

**Managing Your Money for Wellness:** Learn how to live healthily on a budget (L. Boyce and J. Clark)

**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)

**Personal Medicine: Anxiety:** Find new ways of managing your anxiety using personal medicine cards (Facilitator: M. Moore)

**Personal Medicine: Effective Communication:** Gain effective communication skills using personal medicine cards (Facilitator: M. Moore)

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

**Recovery 101:** Recovery looks different for each of us—come talk about the meaning and importance of recovery in your life (Facilitator: L. Boyce)

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

**Self-Advocacy:** Develop a personal advocacy plan while exploring local resources (Facilitator: M. Moore)

**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.)

**Volunteer Meeting:** This meeting is for anyone interested in contributing to the Life Skills Services community. There are many opportunities for you!

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

## FEBRUARY COMMUNITY MEETINGS

**February 6th and 22nd at 12:00p.m.**

**Join us to help build our community, give feedback, and share ideas**

**Front Desk Training 2/11 at 12:00**

*Thanks to all of our volunteers who help out at the front desk — this training is an introduction for new volunteers and a refresher for those who have been helping out already!*

## February RCIL Presentations

**Feb. 7th:** Stretching Your Resources

**Feb. 14th:** Accessible Technologies

**Feb. 28th:** NY LAW

*For more information about the Regional Center for Independent Living, check out their website at <http://www.rcil.org/>*