



MHA's Life Skills Services (LSS)

344 N. Goodman St. Rochester, NY 14607
 Phone: 224-2005 Fax: 224-2761
 Calendar at: www.mharochester.org

MARCH 2019

* Calendar subject to change without notice

Hours of Operation
 M-F 9:30 a.m.-4:00 p.m.
 Unless otherwise specified

Monday



4
 10-10:45: Beneficial Benefits
 11-12:30: Music History in Video
 1-1:45: Love Thy Self
 2—3:30: Recovery Inc.

11
 10-10:45: Volunteer Meeting
 11-12:30: Music History in Video
 12:00-1:00 Front Desk Training
 1-1:45: Love Thy Self
 2—3:30: Recovery Inc.

18
 10-10:45: Beneficial Benefits
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25
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 2—3:30: Recovery Inc.

Tuesday

New to Life Skills Services? Welcome to our Recovery Center!
 Tours are on Tuesdays, Wednesdays, Thursdays at 1:00 p.m.
 Please call 224-2005 for an appointment.

5
 9:30-12:30 Peer Academy**
 11-11:45: Writing to Heal
 11:45: A Positive Spin
 1-1:45: Effective Communication
 1-1:45: Meditation & Mindfulness

12
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19
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26
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 11:45: A Positive Spin
 1-1:45: Effective Communication
 1-1:45: Meditation & Mindfulness

Wednesday

6
 10-10:45: Hurry Up!
 11-11:45 : Spanish 101
 11-11:45: Art WRAP
 12:00 Community Meeting
 12:30-1:00: Stretch it Out
 1-2:15: Mandala Mindfulness
 1:45: Writing without Fear

13
 10-10:45: Hurry Up!
 11-11:45 : Spanish 101
 11-11:45: Art WRAP
 12-12:45: Stretch it Out
 1-2:15: Mandala Mindfulness

20
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 11-11:45: Art WRAP
 12-12:45: Stretch it Out
 1-2:15: Mandala Mindfulness

27
 10-10:45: Hurry Up!
 11-11:45 : Spanish 101
 11-11:45: Art WRAP
 Closing
 12:00 PM
 Staff Training

Thursday

**Starred workshops require registration. Please see workshop descriptions for registration information.

7
 9:30-12:30 Peer Academy**
 10-10:45: RCIL: Benefits Advise-ment
 11-11:45: Short Stories Time
 12-12:30: Stretch it Out
 1-2:00: Positive Affirmations

14
 9:30-12:30 Peer Academy**
 10-10:45: Know Your Health, Know Yourself
 11-11:45: Short Stories Time
 12-12:30: Stretch it Out
 1-2:00: Positive Affirmations

21
 9:30-12:30 Peer Academy**
 10-10:45: Seven Ways to Get Yourself Unstuck Pt. 1
 11-11:45: Short Stories Time
 12-12:30: Stretch it Out
 1-2:00: Positive Affirmations

28
 9:30-12:30 Peer Academy**
 10-10:45: Seven Ways to Get Yourself Unstuck Pt. 2
 11-11:45: Short Stories Time
 12-12:30: Stretch it Out
 1-2:00: Positive Affirmations

Friday

1
 10:00-10:45 Managing Your Money for Wellness
 11-11:45 Self-Advocacy
 12-12:30: Stretch it Out
 1-2:00: Building Relationships

8
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15
 10:00-10:45 Managing Your Money for Wellness
 11-11:45 Self-Advocacy
 12-12:30: Stretch it Out
 1-2:00: Building Relationships

22
 10:00-10:45 Managing Your Money for Wellness
 11-11:45 Self-Advocacy
 12:00 Community Meeting
 12:30-1:00: Stretch it Out
 1-2:00: Building Relationships



New Workshops in March

Use 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' March 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 and learn about the 8 Dimensions of Wellness. (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)

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)

Know Yourself Know Your Health: Understanding your body and it's functions can provide overall awareness of your health. (Facilitator: D. Finley)

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

Positive Affirmations: Recovery looks different for each of us—come talk about the meaning and importance of recovery in your life and speak it into existence. (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)

Seven Ways to Get Unstuck: Being stuck happens. Lets problem solve. (Facilitator: B. Sebastian)

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)

MARCH COMMUNITY MEETINGS

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

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

Front Desk Training 3/11 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!

March RCIL Presentations

March 7th: Benefits Advisement

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

Happy
St. Patrick's
Day