

Effective Communication
Building Relationships
Self- Advocacy
Develop a personal advocacy plan while exploring local resources

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

1st Wednesdays at 1:45 with Loekie

Life Skills Services April Workshop Descriptions

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

Art WRAP: Using artistic expressions to explore the following dimensions, **Financial, Social and Spiritual.** (Facilitator: B. Sebastian)

Building Your Self-Esteem: Grow by accepting who you are and feeling good about who that is. (Facilitator: L. Boyce)

Choices in Recovery: A game built around recovery (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 by using medicine cards. (Facilitator: L. Boyce)

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

Know your Health, Know Yourself: Have any questions about your Health Insurance and what you may qualify for? We have the answers. (D. Finley)

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)

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 International: 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)

Stretch it out: Enjoy a lunch time stretch, time to get the good feelings flowing. (Facilitator: C. Nesmith.)

Tea and Conversation: Conversate on various topics w/ a cup of tea. (Peers &Staff)

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)

APRIL COMMUNITY MEETINGS

April 3rd and 26th at 12:00p.m.

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

Front Desk Training 4/15 at 12:00

Guest Speakers for April

Darnell and Cody from Affinity Place

Ericka Jones from Center for Disability Rights (CDR)

Julie Febrey from The (MHA) Family Support Services

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