

## New Workshops in May

By using Pat Deegan's Recovery Library, learn about using Personal Medicine Cards to support your wellness through  
Effective Communication  
Building Relationships  
Continue exploring the last 4 series in the 8 Dimensions of Wellness:  
**Environmental, Occupational, Physical and Intellectual**

## Tea and Conversation!!!!

Every cup of tea has a story. Travel to other countries sharing a cup of tea....Tea is about connecting.  
Connect with us through a cup of tea.



## Life Skills Services May 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:** 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)

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

**Building Relationships:** Mutual support group to work together towards wellness of mind and body. (Facilitator: L. Boyce)

**Choices in Recovery:** A game built around recovery (Facilitator: L. Knauber)

**Comedy in Recovery:** Learn how to laugh through your recovery. They say laughter is good for the soul.

**Creating a Wellness Plan:** Learn small manageable strategies to move toward a better you. (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)

**Managing your Emotions:** Adapting grounding techniques through writing. (Facilitator: L. Boyce)

**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:** watch and learn about some of the most profound music and groups. (Facilitator: P. Rand)

**Open Forum:** Where you can pick a topic and discuss it as long as it's recovery based

**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)

**RCIL:** Learn about your Housing Accommodations as well as your Nutrition needs. (Facilitator: T. Frederick)

**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:** Try new Tea's as we sit and converse about what is going on in our everyday lives. (LSS Peers).

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



## MAY COMMUNITY MEETINGS 5/3 & 5/15 at 12pm

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

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

