

New Workshops in June

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 June Workshop Descriptions

Anger Management: Learn about what triggers you and how to manage your anger (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)

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)

Games 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. (I Boyce)

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. (Facilitator: L. Boyce)

Getting Rid of Food Craving: Learn how to let go of the things that your body no longer needs or craves., 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: B Sebastian)

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 (LSS Peers)

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 Voting Rights 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! (LSS & Staff)

Willing Walkers: Meet and walk around the complex and enjoy sightseeing and Village Gate uniqueness. (L. Boyce)

Join us on June 13, 10 am—12 noon at The Public Market

A Day at The Public Market: Join us for a day at the public market to learn the different things they offer and to shop for fresh fruit and vegetables.

JUNE COMMUNITY MEETINGS 6/4 & 6/25 at NOON

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/>

HAPPY FATHER'S DAY!