

# MHA's Life Skills Services (LSS)

344 N. Goodman St. Rd. Rochester, NY 14607


Phone: 585-325-3145

All Workshops with \*\* require pre-registration

**Hours of Operation**  
**M-F 9:00 a.m.-5:00 p.m.**  
 Unless otherwise specified

**September 2019**

\* Calendar subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 9:30-12: **Academy of Peer Services 12-1: <b>Celebrating Our Recovery Free Luncheon</b> 1-2: Positive Affirmations 2-3: Effective Communication	4 10-11: Short Story 11-12: Mandalas 1-2: Getting Unstuck	5 10-11: Anger Management 11-12: Art Wrap	6 9:30-12: **Academy of Peer Services 10-1: Walk in Employment Lab
9 10-11: Self-Esteem 11-12: Managing Emotions 1-3: **SSI/SSD benefits and Work 2-3: Recovery International	10 9:30-12: **Academy of Peer Services 10-11: RCIL Diabetes Education 12-1: Meal Planning 1-2: Positive Affirmations 2-3: Effective Communication	11 10-11: Short Story 11-12: Mandalas 1-2: Getting Unstuck	12 10-11: Anger Management 11-12: Art Wrap 1pm: <b>CLOSED for STAFF MEETING</b>	13 9:30-12: **Academy of Peer Services 10-1: Walk in Employment Lab
16 10-11: Self-Esteem 10-1: <b>**Job Prep Workshop Pt. 1</b> 11-12: Managing Emotions 2-3: Recovery International	17 9:30-12: **Academy of Peer Services 12-1: Meal Planning 1-2: Positive Affirmations 2-3: Effective Communication	18 10-11: Short Story 10-1: <b>**Job Prep Workshop Pt. 2</b> 11-12: Mandalas 1-2: Getting Unstuck	19 10-11: Anger Management 11-12: Art Wrap	20 9:30-12: **Academy of Peer Services 10-1: Walk in Employment Lab
23 10-11: Self-Esteem 11-12: Managing Emotions 1-3: <b>**Intro to Community Benefits</b> 2-3: Recovery International	24 9:30-12: **Academy of Peer Services 12-1: Meal Planning 1-2: Positive Affirmations 1-3: Soft Skills for Work 2-3: Effective Communication	25 10-11: Short Story 11-12: Mandalas 1-2: Getting Unstuck 2pm: <b>CLOSED for ALL STAFF MTG</b>	26 10-11: Anger Management 11-12: Art Wrap	27 9:30-12: **Academy of Peer Services 10-1: Walk in Employment Lab

30  
 10-11: Self-Esteem  
 11-12: Managing Emotions  
 2-3: Recovery International



JOIN THE VOICES FOR RECOVERY:  
**TOGETHER WE ARE STRONGER**

[recoverymonth.gov](http://recoverymonth.gov)



NATIONAL  
**RECOVERY**  
**MONTH 2019**  
 30th Anniversary

**New Workshops in September 2019**  
**PRE-REGISTRATION REQUIRED**

**Sept. 9<sup>th</sup>:** Working While Receiving Social Security Disability (SSD/SSDI) and Supplemental Security Income (SSI) – An Introductory Course

**Sept. 23<sup>rd</sup>:** An Introduction to the Department of Human Services: A Brief Overview of Temporary Assistance, Supplemental Nutrition Assistance Program (SNAP), Medicaid, and Emergency Assistance



**SEPTEMBER 3rd**  
**NOON—1pm**  
**JOIN US IN**  
**CELEBRATING OUR RECOVERY AND**  
**OUR NEW SPACE WITH A**  
**FREE PIZZA PARTY!**

## Life Skills Services September Workshop Descriptions

**Academy of Peer Services:** The Academy of Peer Services begins in August. PRE-REGISTRATION REQUIRED. Meets weekly with rotating facilitators.

**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)

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

**Getting Unstuck:** Learn practices to assist with Identify how you got stuck and how you became unstuck. Be able to start using some of the tips in your own life. (B. Sebastian).

**Job Preparation Workshop:** Prepare for entry into the world of work in this 2 day seminar where you will get the basics of how to look for a job. **PRE-REGISTRATION REQUIRED** (Facilitator: S. Sheradin)

**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)

**Meal Planning:** Learning how to stretch your food budget by preparing nutritious meals that will feed your family. (Facilitator: L. Boyce)

**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)

**Walk-In Employment Lab:** *Need just a little help looking for work, taking a career assessment or preparing a resume? Just walk in!* ( Facilitator: S. Sheradin)



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