

COSTLY PRICE OF BENEFITS

Wondering if you can work and keep your Benefits?

Come to our 6 week class on how your benefits might be keeping you from making more money and enjoying life more fully.

MONDAY'S 1-3PM

Pre-Registration Required!

LGBTQ+ WELLNESS SUPPORT

A safe, caring, non-judgmental group to find and build ones' own voice both inside and out.

Adult Meeting every Monday—3-4PM

Youth Meeting every Thursday 7-8PM

Life Skills Services Center December 2019 Workshop Descriptions

HOLIDAY PARTY

MONDAY DECEMBER 23 1—3PM



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

Card Making: Make your own seasonal holiday cards.

Communication Skills: Develop and improve skills necessary to communicate wants and needs effectively.

Cooking with Dana: Come and join our own Dana Finley who will allow hands-on cooking, recipe building, and confidence in the kitchen. Leave with the recipe and food! - NO CHARGE

*****Costly Price of Benefits:** Come and see how benefits such as SSI/SSD might be holding you back from having a full life. **PRE-REGISTRATION REQUIRED**

Crochet: Want to learn how to crochet or want to share your skills and use it as a wellness tool? Then this class is for you!

Cultural Exploration: We will be looking at various cultures around the world and gain insight into different ways of life .

Decorating on a Dime: Learn decorating techniques just in time for the holidays!

Gamers Group: Fun interactive gaming that is participant led!

Grief and Loss Support: This time of year can be tough for people living with grief and loss. Come join in this support group!

Healthcare Support: Have issues or questions about your healthcare? Come speak with a representative who can help answer questions and enroll in the NY Healthcare Marketplace.

Holiday Coping: Learn ways to deal with holiday anxiety, stress, and manage those difficult situations.

****How to Job Search over the Holidays:** The internet is an excellent source when it comes to your job search. Explore the most effective job boards when conducting your online job search. **PRE-REGISTRATION REQUIRED**

Intro to Cooking: Learn tips and tricks to become a better cook in the kitchen. No previous experience needed.

LGBTQ+ Wellness: A support group for LGBTQ+ adults.

LGBTQ+ Youth: This group is for anyone **24 years old and under**. Gain support from other youth in being confident in who you are, and support when you need it.

Mindful Mandalas: Become mindful through the act of coloring geometric designs.

Morning Meditation: Start your day with group meditation.

Music History: Learn about different music and how the music greats rose to stardom.

Mutual Support Group: This group is for anyone who wants support with anything related to maintaining your own mental health.

Recovery International: A way to work down trivial crisis.

SMOKING CESSATION: Learn how to curb cravings, avoid pitfalls, and gain mutual support in kicking the habit.

Story Circles: Come and join in a group to learn how to share your recovery story with others and be inspired.

Tea Time & Conversations: Gather around the kettle for some tea and light conversations.

Walk-In Employment Lab: Need just a little help looking for work, taking a career assessment or preparing a resume? Just walk in!

Who am I & Where am I Going?: A NEW workshop that helps you explore yourself and how to reach your goals.

HOLIDAY HOURS

Life Skills Services Center will be CLOSED

December 25, 2019 and January 1, 2020

Please see the schedule for any changes.

