



Lifeskills Service Center
344 N. Goodman Street
Rochester NY 14607

August 2023 Workshop Calendar

Monday-Friday 9:30am – 4pm

Mondays - 8/7, 8/14, 8/21, 8/28				Tuesday - 8/8, 8/15, 8/22, 8/29			
Time	Class	Room	Facilitator(s)	Time	Class	Room	Facilitator(s)
9:30 - 10	Morning Welcome	Kitchen	Michele Digennaro	9:30-10:15	What Does Mental/Emotional Wellness Mean	2	Lorrie Boyce
10:15-10:45	Piecing Together Patterns of Our Lives	2	Lorrie Boyce	10:30-11:30	Defining Motor Skills w Crafts	4	Barb Sebastian/Lorrie Boyce
11-11:30	Gifts of Acceptance	2	Lorrie Boyce/Arthur Butler	11:50 - 12:20	Ten Mantras	2	Lorrie Boyce
11:40-12:10	Women's Support Group	1	Peer Facilitator	12:35 - 1:20	Anxiety & Wellness	4	Barb Sabastian
11:40-12:10	Men's Support Group	2	Arthur Butler	1:30-2:15	Table Talk	Kitchen	Barb Sabastian
12:30-1:15	Choices in Recovery	2	Lorrie Boyce	2:30-3:15	Peer Social Circle	1	Barb Sabastian
1:30-2:15	Peer Dev - Strength Within	1	Peer Facilitator				
2:30 - 3	1:1 Support from Staff	1	Lorrie Boyce				

Wednesday - 8/9, 8/16, 8/23, 8/30				Thursday - 8/10, 8/17, 8/24, 8/31			
Time	Class	Room	Facilitator(s)	Time	Class	Room	Facilitator(s)
9:30-10	Meditation	1	Mona Baker	9:30-10	Morning Welcome	Kitchen	Arthur Butler
10:15-11	Next Steps	2	Mona Baker	10:15-11	Behavioral Additions	2	Lorrie Boyce
11:15-11:45	Community Advocacy	2	Barb Sabastian	11:15-11:45	Goal Setting	2	Lorrie Boyce
12 Noon - 1	New R	2	Barb Sabastian	Noon - 12:30	Spiritual Health/Wellness	4	Arthur Butler/Lorrie Boyce
12 Noon -1:30	Meal Prep (8/9 and 8/23)	Kitchen	Lorrie Boyce	1-1:45	Grief Support	4	Michele Digennaro
1:15-2	Procrastination	4	Barb Sabastian	2-2:45	Gratitude Journaling	Varies	Lorrie Boyce
2:15-3:00	Game/Social Time	4	Barb Sabastian				

Friday - 8/11, 8/18, 8/25, 9/1			
Time	Class	Room	Facilitator(s)
9:30-10	Stretch & Dance	4	Mona Baker
10:15-11	Next Steps	4	Mona Baker
11:15-11:45	Community Advocacy	2	Mona Baker
12 Noon -1	New R	2	Barb Sabastian
1:30-2:15	Cooking (8/11 and 8/25 only)	Kitchen	Lorrie Boyce
1:30-3	Movie Time	4	Barb Sabastian

NOTES for August 2023:
 We close on Fridays at 3pm.
 Wednesday 8/30 Early Closure at 3pm for Staff Meeting
 Our offices are closed on Monday, 9/4 in observance of Labor Day