



Lifeskills Service Center  
344 N. Goodman Street  
Rochester NY 14607

# SEPTEMBER 2023 Workshop Calendar

## Monday-Friday 9:30am – 4pm

Mondays - 9/11, 9/18, 9/25				Tuesday - 9/5, 9/12, 9/19, 9/26			
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/Arthu	11:50 - 12:20	Money Management*	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 - 9/6, 9/13, 9/20, 9/27				Thursday - 9/7, 9/14, 9/21, 9/28			
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 Addictions	2	Lorrie Boyce
11:15-11:45	Community Advocacy	2	Barb Sabastian	11:15-11:45	Goal Setting	2	Lorrie Boyce
12 Noon - 1	Emotion Regulation*	2	Barb Sabastian	Noon - 12:30	Spiritual Health/Wellness	4	Arthur Butler/Lorrie Boyce
12 Noon -1:30	Meal Prep (9/6 and 9/23 only)	Kitchen	Lorrie Boyce	1-1:45	Story Telling*	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 - 9/8, 9/15, 9/22, 9/29							
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	Emotion Regulation*	2	Barb Sabastian				
1:30-2:15	Cooking (9/8 and 9/22 only)**	Kitchen	Lorrie Boyce				
1:30-3	Movie Time	4	Barb Sabastian				

**NOTES for September 2023:**

Many workshops are Hybrid. If you want to join virtually, please contact the facilitator so a link can be provided.  
Our offices are closed on Monday, 9/4 in observance of Labor Day

\*denotes change from last month

\*\*Requires pre-registration

