



Lifeskills Service Center  
 344 N. Goodman Street  
 Rochester NY 14607  
 585-325-3145



## February 2024 Workshop Calendar Monday-Friday 9:30am – 3:30pm



Monday				Tuesday			
Time	Class	Room	Facilitator(s)	Time	Class	Room	Facilitator(s)
9:30 - 10	Morning Welcome	Kitchen		9:30-10	Morning Welcome	Kitchen	
10-11am	People in Recovery	2	Lorrie	10-11am	Effective Communication	2	Lorrie
11-noon	Fitness Time	2	Michele	11-noon	Crafts - Motor Skills	Kitchen	Lorrie/Barb
Noon - 1pm	Lunch/table talk	Kitchen		noon - 1pm	Lunch/table talk	Kitchen	
1-2pm	Women/Men's Groups	1	Michele	1-2pm	Anxiety and Wellness	2	Barb/Michele
2pm-3pm	Buidling Health Relationships	1	Lorrie	2pm-3pm	Money Management	2	Lorrie
	No workshops 2/19 and 2/26th				No workshops 2/20 and 2/27		
Wednesday				Thursday			
Time	Class	Room	Facilitator(s)	Time	Class	Room	Facilitator(s)
9:30-10	Morning Welcome	Kitchen		9:30-10	Morning Welcome	Kitchen	
10-11am	Meditation	2	Mona	10-11am	Stages of Change	2	Lorrie
11am-noon	Next Steps *	2	Mona	11am-noon	Goal Setting	2	Michele
noon - 1pm	Lunch/table talk			noon - 1pm	Lunch/table talk	Kitchen	
1-2pm	Self Esteem Building	2	Barb	1-2pm	Story Telling	1	Michele
2-3pm	Boundaries	2	Barb	2-3pm	Journaling Options	1	Lorrie
	No workshops 2/21 and 2/28 Except for Virtual Next Steps				No workshops 2/22 and 2/29		
Friday				<p>Please email <a href="mailto:skinard@mharochester.org">skinard@mharochester.org</a> or call 585-514-9008 to request a 30-minute 1:1, and a link will be provided. LSS will return to full programming on March 4th in the new building, 274 N Goodman Unit D103.</p> <p>***"Next Steps": will be held virtually on 2.21, 2.23, 2.28 and 3/1.  <a href="https://zoom.us/j/92541957784">https://zoom.us/j/92541957784</a>            The link can be found on the website.</p> <p>*Please monitor TV and our website for program closure information during inclement weather.</p>			
Time	Class	Room	Facilitator(s)				
9:30-10	Morning Welcome	Kitchen					
10-11am	Next Steps*	2	Mona				
11-noon	Music Journaling	2	Lorrie				
noon - 1pm	Lunch/table talk	Kitchen					
1-2pm	Physical Fitness/Nutrition	Kitchen	Lorrie				
2-3:30pm	Movie Time	2	Barb				

No Workshops 2/23 and 3/1  
 Except for Virtual Next Steps

