

## March 2021 Groups

Zoom Passcode: 5555

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-9:45	<a href="#"><u>Morning Meeting/Yoga/Stretching</u></a>	<a href="#"><u>Morning Meeting/Yoga/Stretching</u></a>	<a href="#"><u>Morning Meeting/Yoga/Stretching</u></a>	<a href="#"><u>Morning Meeting/Yoga/Stretching</u></a>	<a href="#"><u>Morning Meeting/Yoga/Stretching</u></a>	<a href="#"><u>Virtual</u></a>
10:00-10:45	<a href="#"><u>Art Journaling</u></a>	<a href="#"><u>Crochet/Knitting &amp; Sewing</u></a>	<a href="#"><u>Creative Writing</u></a>	<a href="#"><u>IPS Topics</u></a>	<a href="#"><u>Men's Group</u></a>	<a href="#"><u>Virtual</u></a>
11:00-11:45	<a href="#"><u>Women's Group</u></a>	<a href="#"><u>Housing Resources &amp; Self Advocacy</u></a>	<a href="#"><u>WRAP</u></a>	<a href="#"><u>Co-Dependent</u></a>	<a href="#"><u>Virtual Visit: New York Aquarium</u></a>	<a href="#"><u>Virtual</u></a>
1:15-1:45	<a href="#"><u>Anxiety/ Depression Grief &amp; Loss</u></a>	<a href="#"><u>Job/Computer Skills Link</u></a>	<a href="#"><u>What's for Dinner?</u></a>	<a href="#"><u>Job/Computer Skills Link</u></a>	<a href="#"><u>Job/Computer Skills Link</u></a>	
3:00-4:00	<a href="#"><u>Check Outs</u></a>	<a href="#"><u>Check Outs</u></a>	<a href="#"><u>Check Outs</u></a>	<a href="#"><u>Check Outs</u></a>	<a href="#"><u>Check Outs</u></a>	

## **Groups**

**Morning Meeting/Yoga/ Stretching = Join us for light conversation and light morning stretching.**

**Art Journaling = Let your creative expression spill over onto your paper. You can use newspapers or magazines, markers or crayons. Anything goes.**

**Women's Group = Come on in and take a seat among other women. Get together and talk about women's topics.**

**Anxiety/Depression, Grief & Loss = This is an open group for anyone who wishes to talk with other people in a non-judgemental group.**

**Check-Outs = Talk about what your day has been like and how you can prepare for the next day.**

**Crochet/Knitting & Sewing = Bring your skills and join the group. All are welcome. We have supplies, if you do not.**

**Housing Resources & Self Advocacy = Not sure what resources are out there? Come join us to learn about different resources and score some freebies when we have them. Join others in the group with light conversation.**

**Job/Computer Skills = It's never too early or too late to learn new skills. We have guided lessons.**

**Creative Writing = Let your creative mind let loose.**

**WRAP (Wellness Recovery Action Plan) = Come join us as we each develop our own plan to keep us healthy longer.**

**What's for Dinner? = Let's talk about dinner. Not everyone likes cooking, but we all need to figure something out. Why not do it as a group? Each dinner recipe we share is 5 ingredients or less.**

**IPS (Intentional Peer Support) Topics = Stop in and talk. We offer conversation in an open group.**

**Co-Dependent = Learn to take back control of your life.**

**Men's Group = Pull up a chair and let's talk about sports/mental health/self advocacy and other topics men face.**

**Virtual Field Trip = Come with us as we explore a zoo, historical landmark or a museum.**