

OCT 2017

FOCUS ON FRIENDS

509 W. Trenton Ave. Findlay, OH 45840 | (419) 423-5071 | Hours: Tues-Fri 10am-9pm

SUN	MON	TUE	WED	THU	FRI	SAT
01 *Open Minds CA 5:30-6:30p	02 *Nooners NA 12-1p *together WE heal Loss & Grief Support Group 6-7:30p	03 9-10a "Saving Jake" Meet & Greet w/ author D'Anne Burwell 10-12p Crochet Corner 12-1p Knit Looming 6:30-7:30p SELF Topic: Putting the Pieces Together- What Trauma Does to the SELF	04 *Overeaters Anonymous 10a 1-2p Wii Bowling	05 1-2p Cooking Class 2-3p Grief & Loss	06 *Nooners NA 12-1p 5-7p Movie Night featuring Wonder Woman	07 *Gambler's Anonymous 7:30- 8:30p
08 *Open Minds CA 5:30-6:30p	09 *Nooners NA 12-1p	10 10-12p Crochet Corner 12-1p Paper beads	11 *Overeaters Anonymous 10a 11:30-1p Lunch Bunch @ Cheddars 1-2p Wii Bowling	12 1-2p Cooking Class 2-3p Sensory Integration Learn how to make slime	13 *Nooners NA 12-1p 5-7p Movie Night Transformers: The Last Knight	14 *Gambler's Anonymous 7:30-8:30p
15 *Open Minds CA 5:30-6:30p	16 *Nooners NA 12-1p *together WE heal Loss & Grief Support Group 6-7:30p	17 10-12p Crochet Corner 12-1p Knit Looming 6:30-7:30p SELF It's All About Survival: Fight-Flight- Freeze	18 *Overeaters Anonymous 10a 12:30-2:15p Cosmetology Free salon day @ Millstream 1-2p Wii Bowling 5-7p Make homemade pancakes & syrup	19 1-2p Cooking Class 3-4p Embroider Bracelets	20 *Nooners NA: 12-1p 5-7p Art Class: Halloween Paint AND Partake Sign up available	21 *Gambler's Anonymous 7:30- 8:30p 4-5p Fall Colorful Hayride @ Riverbend Park Sign up available 
22 *Open Minds CA 5:30-6:30p	23 *Nooners NA 12-1p	24 10-12p Crochet Corner 3-4p Bridging Boundaries	25 *Overeaters Anonymous 10a 1-2p Wii Bowling	26 12-1p Mini Chili Cook-off 1-3p Halloween Party & Bingo	27 *Nooners NA: 12-1p 1p Pumpkin Painting 5-7p Cosmic Pool Night	28 *Gambler's Anonymous 7:30- 8:30p 
29 *Open Minds CA 5:30-6:30p	30 *Nooners NA 12-1p	31 10-12p Crochet Corner 12-1p Knit Looming				

Focus on Friends provides peer-led support and resources to help people improve their health and wellness, live a self-directed life, and sustain their recovery.

SEE BACKSIDE FOR MORE DETAILS!

Our hours of operation is Monday-Friday 10a-7p

Crochet Corner- Come and learn how to crochet, and have coffee and chat with others.

Knit Looming- Learn how to knit using a loom and how to knit different patterns on a loom. You can use knitting looms to knit hats, scarves, blankets and more. Looms and other materials will be offered. If you have a loom, you are welcomed to bring your own.

Lunch Bunch- The 2nd Wednesday of every month we go out to eat. This is a great chance to get out and socialize with peers outside of the center. We please ask that you provide money for your own meal. Transportation is not provided.

Potluck- Everyone is invited to join us. We please ask that you bring a dish to share with others. This is a great opportunity to socialize with others and make new friends.

Cosmic Pool Night- Have fun playing pool a different way with music, smoke and lights!

New- SELF is a psychoeducational program for people impacted by trauma.

SELF is not a 12 step program. It offers stand-alone topics for each meeting. Join us any time.

SELF will meet the 1st & 3rd Tuesdays of each month.

All throughout the month of October we will be having students from University of Findlay, check out below for the student's activities:

Cooking Class: Learn how to make quick and inexpensive desserts, snacks and more. Helpful tips and information included.

Grief & Loss: Open discussion on Loss & Grief and learn the different stages of grief.

Paper Beads: Learn how to make beads out of paper that can be used to make bracelets, key chains, necklaces etc.

Sensory Integration: Learn ways to help you cope with stress.

Make Slime: Learn how to make slime and be able to use for sensory fun.

Embroider Bracelets: Learn how to make embroider bracelets. All materials will be provided.

Bridging Boundaries: "Having trouble creating boundaries? Don't know how to make new friends? Don't understand how to have healthy relationships? This group will address all these issues in an open discussion format."

Halloween Party & Bingo: Students are throwing a Halloween party with bingo! Costumes are welcomed. There will be snacks & Halloween treats!

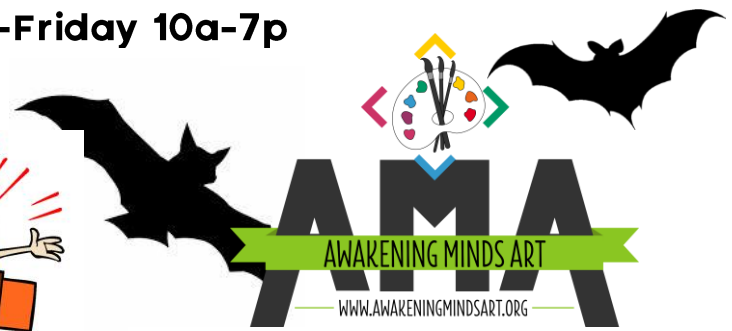


JOIN US FOR A
HAYRIDE

Join us for a Fall Colorful Hayride at Riverbend Park on Sat. Oct 21st. This event is free, but you must sign up in order to ride.

**Sign up is available at
Focus on Friends.**

We please ask everyone to arrive 15-20 minutes early. Hayride will last for 1 hour.



Mark your calendars!

Awakening Minds Arts will be offering a free painting class for beginners for Halloween on Friday October 20th 5-7p.

**Sign up available
at Focus on Friends.**

For more details contact us at
419-423-5071.



MINI- CHILI COOK OFF

SIGN UP AVAILABLE AT
FOCUS ON FRIENDS.

THURS OCT 26TH 12-1P

YOU'RE CHILI COULD BE VOTED BEST!
WINNER OF THE BEST CHILI
COULD RECEIVE A PRIZE!



YOU'RE INVITED!

Who? Women, Men & Children

What? Hot tools service & demo.

When? October 18th 12:30-2:15

Where? Reflections salon at Millstream.

Why? You will get your hair styled, learn some tips and tricks then leave with a hot tool of your own!

Please call Reflections salon to RSVP:

419-420-3359 or Focus on Friends 419-423-5071

Say you're with Focus on Friends!