

NOV2017

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 *Oasis OA 10a 5-7p Yoga #1 Simple Daily Positions	02 12-1p Cooking Class 1-2p Making tacos 2-4p Making Festive Decorations	03 *Nooners NA: 12-1p	04 *Gambler's Anonymous 7:30-8:30p
05 *Open Minds CA: 5:30p-6:30p	06 *Nooners NA:12-1p 5-7p Monday Movie Mania Spiderman Homecoming *Together We Heal Loss & Grief Support Group 6-7:30p	07 10-12p Crochet Corner 12-1p Knit Looming 3-4p Potato Casserole 4-5p Relationships 6:30-7:30p SELF-Begins with Safety	08 *Oasis OA 10a 11:30-1p Lunch Bunch @ Bob Evans on Trenton Ave. 5-7p Yoga #2 Relaxation Guided Meditations	09 12-1p Cooking Class 1-2p Abstract Art 2-3p Chocolate Dipped Delights 3-4p Open Discussion: "Frustration"	10 *Nooners NA: 12-1p 5-7p Awakening Minds Art Paint AND Partake MUST REGISTER SIGN UP AVAILABLE AT FOF.	11 *Gambler's Anonymous 7:30-8:30p
12 *Open Minds CA: 5:30p-6:30p	13 *Nooners NA: 12-1p 5-7p Monday Movie Mania 47 Meters Down	14 10-12p Crochet Corner 12-1p Knit Looming 3-4p Rice Warmers 4-5p Talk on Dealing with Stress 6-7p Mug Cakes	15 *Oasis OA 10a 9a-4p WRAP Workshop Registration required. Cost \$10.00 to registration. 5-7p Yoga #3 Energy Work	16 12-1p Cooking Class 2-3p Environmental Factors 4-5p Discussion on Thankfulness	17 *Nooners NA: 12-1p 5-7p Making homemade pancakes	18 *Gambler's Anonymous 7:30-8:30p
19 *Open Minds CA: 5:30p-6:30p	20 *Nooners NA: 12-1p 5-7p Monday Movie Mania: Trains, Planes and Automobiles *Together We Heal Loss & Grief Support Group 6-7:30p	21 10-12p Crochet Corner 12-1p Knit Looming 2-3p Gratitude painting 5-7p Card Bingo 6:30-7:30p SELF "What does it mean to be physically safe?"	22 *Oasis OA 10a FOF Annual Thanksgiving Dinner 11a-1p	23 FOF CLOSED 	24 FOF CLOSED	25 *Gambler's Anonymous 7:30-8:30p
26 *Open Minds CA: 5:30p-6:30p	27 *Nooners NA: 12-1p 5-7p Monday Movie Mania: The Case for Christ	28 10-12p Crochet Corner 12-1p Knit Looming	29 *Oasis OA 10a 6-7p Journaling	30 1-3p Decorate to start off the Holiday season!		



SEE BACKSIDE FOR MORE DETAILS!

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.

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.

Card Bingo- Learn how to play Bingo a different way with playing cards!

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.

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

Focus on Friends
Annual Community
Thanksgiving Dinner
held at Focus on
Friends on Wednesday
November 22nd at
11a-1p

Everyone is welcome to bring a
dessert of your choice



WRAP Workshop

Wellness Recovery Action
Planning (WRAP) Workshop
offered at Focus on Friends
November 15th 9a-4p.

What is Wellness Recovery
Action Planning (WRAP)?
WRAP is a self-designed
prevention and wellness
process.

Anyone can use WRAP to find
and maintain wellness to make
their life what they want it to
be.

Registration fee: \$10.00
Registration fee includes all
materials and a light lunch.

To register, please contact us at
419-423-5071.

All throughout the month of November we will be having students from University of Findlay and Owens Community College, check out below for the student's activities:

Cooking Activities

Cooking Class- Learn how to make quick and inexpensive meals, desserts, snacks and more.

Making Tacos- Learn how to make tacos by hand and enjoy eating the delicious tacos after making as a group.

Make Potato Casserole- Participants will help to make and bake a delicious home-made Potato Casserole from scratch to enjoy with friends and discussions afterward.

Chocolate Dipped Delights- Milk chocolate fondue will be provided along with pretzels, marshmallows, strawberries, bananas and more to be dipped and decorated festively.

Mug Cakes- Learn how to make cake a quick and easy way through using a mug. All materials will be provided.

Open Discussions

Relationships- With the holidays right around the corner what better time to prepare and discuss the relationships in your life. Participants will be encouraged to share feelings and experiences for a more positive relationship with others.

Frustration- Group will talk about upcoming holidays with the topic of "Frustration". What types of things are frustrating to you? How do you deal with these holiday frustrations?

Talk on Dealing with Stress- Open discussion on current and past methods for dealing with stress. We will introduce new positive ways for stress relief and healthy management of stress and emotions.

Environmental Factors- This open discussion will talk about factors in your life that affect your feelings, decisions, and more. How we can tell these outside factors are influencing us and what to do about it.

Thankful Turkey- This group will be doing a simple craft with markers and construction paper while having open discussion on the things we are thankful for.

Arts & Crafts

Making Festive Decorations- Peers will be provided a mason jar to decorate with crafty leaves, colored string and paper. When the group is done participants will leave with a new decorative piece for themselves or a gift for another.

Rice Warmers- This group will be sewing small cloth packs to fill with rice and essential oils if desired to make a holiday gift for yourself or someone special. Rice packs are simple, cost-effective gifts for relieving stress, muscle aches or providing warmth and comfort.

Grateful Painting- Canvas painting of all of the people, places and things you are grateful in your life. All materials will be provided.

Abstract Art Painting- Learn how to express yourself through abstract painting. All materials will be provided.

Yoga

Yoga #1 Simple Daily Positions: Group will learn simple yoga positions for daily life for strengthening, rejuvenation, overall well-being. Yoga exercises can be performed anywhere for a positive outlet of anger, stress, anxiety and more. Also, demonstration of self-calming and self-massaging techniques.

Yoga #2 Relaxation Guided Meditations: This group will go over the simple daily positions learned in yoga one, participate in a guided meditation for relaxation & reaching personal goals, then finish with introduction on mantras.

Yoga #3 Energy Work: This group will build off previous groups. Participants will perform yoga positions, relaxation meditation, and discuss writing daily mantras for themselves.