

# FEB 2018

# FOCUS ON FRIENDS

509 W. Trenton Ave. Findlay, OH 45840 | (419) 423-5071 | Hours: Mon-Fri 10am-7pm

SUN	MON	TUE	WED	THU	FRI	SAT
					<b>01</b>	<b>02</b>
<p><b>Wellness</b> *Feb 7th, 9am-4pm—\$10 Registration includes all materials and light lunch.</p> <p><b>Recovery</b></p> <p><b>Action</b> *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.</p> <p><b>Planning</b></p>				<p>12p Cooking Class</p> <p>2p Get'n Crafty</p> <p>3p Life-skills</p> <p>5p Mindful Art</p> <p>▼NEW▼</p> <p>530p Thunder ART</p>	<p>10a Crochet Corner</p> <p>12p Nooners NA*</p> <p>2p Get'n Crafty</p> <p>3p SMARTrecovery*</p> <p>4p Life-skills</p> <p>6p Get'n Crafty</p> <p>730p Open Air*</p>	<p>7:30p Gambler's Anonymous*</p>
<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>
<p>5:30p Open Minds CA*</p>	<p>12p Nooners NA*</p> <p>1p Career Series: <i>Dress to Impress</i></p> <p>4p Life-skills</p>	<p>1p Life-skills</p> <p>3p Get'n Crafty</p> <p>530p Super Snack!</p> <p>630p <b>SELF:</b> <i>First language of Safety</i></p>	<p>10a Oasis OA* 1-3p</p> <p><b>SOUP-R-BOWL</b> <i>Soup &amp; Stev Competition</i></p> <p>5p Get'n Crafty</p>	<p>12p Cooking Class</p> <p>3pm Life-skills</p> <p>4p Mindful Art</p> <p>▼NEW▼</p> <p>6p Guided Meditation</p>	<p>10a Crochet Corner</p> <p>12p Nooners NA*</p> <p>2p Get'n Crafty</p> <p>3p SMARTrecovery*</p> <p>5p Super Snack! &amp; Craft</p>	<p>7:30p Gambler's Anonymous*</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<p>5:30p Open Minds CA*</p>	<p>12p Nooners NA*</p> <p>12p Life-skills</p> <p>1p Career Series: <i>Resume' Writing</i></p> <p>4p Get'n Crafty</p>	<p>1p Life-skills</p> <p>3p Get'n Crafty</p> <p>5p Super Snack!</p> <p>6p Get'n Crafty</p>	<p>10a Oasis OA* 1130a Lunch Bunch, <i>Tony's Restaurant</i></p> <p>2pm Super Snack!</p> <p>4p Get'n Crafty</p> <p>6p Life-skills</p> <p></p>	<p>12p Cooking Class</p> <p>4p Get'n Crafty</p> <p>5p Mindful Art</p> <p>▼NEW▼</p> <p>530p Thunder ART</p>	<p>10a Crochet Corner</p> <p>12p Nooners NA*</p> <p>12p Super Snack!</p> <p>3p SMARTrecovery*</p> <p>4p Get'n Crafty</p> <p>5:30-7p <b>AMA Painting Class**</b> <i>registration required</i></p> <p>730p Open Air*</p>	<p>7:30p Gambler's Anonymous*</p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<p>5:30p Open Minds CA*</p>	<p>12p Nooners NA*</p> <p>11a Life-skills</p> <p>1p Career Series: <i>Interview Skills</i></p> <p>4p Mindful Art</p>	<p>1p Life-skills</p> <p>3p Get'n Crafty</p> <p>530p Super Snack!</p> <p>630-730p <b>SELF:</b> <i>What does it mean to trust?</i></p>	<p>10a Oasis OA* 12p Life-skills</p> <p>2p Life-skills</p> <p>5p Get'n Crafty</p>	<p>12p Cooking Class</p> <p>2p Get'n Crafty</p> <p>4p Mindful Art</p> <p>▼NEW▼</p> <p>6p Guided Meditation</p>	<p>10a Crochet Corner</p> <p>12p Nooners NA*</p> <p>2p Get'n Crafty</p> <p>3p SMARTrecovery*</p> <p>330p Mindful Art</p> <p>530p Get'n Crafty</p>	<p>7:30p Gambler's Anonymous*</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<p><b>For more calendar details follow us on Facebook</b></p> <p><b>@FOCUSONFRIENDS1</b></p> <p></p> <p><b>FOCUS ON FRIENDS</b></p>		
<p>5:30p Open Minds CA*</p>	<p>12p Nooners NA*</p> <p>11a Life-skills</p> <p>12p Super Snack!</p> <p>130p Life-skills</p> <p>4p Fun&amp;Games</p>	<p>1p Life-skills</p> <p>3p Get'n Crafty</p> <p>430p Super Snack!</p> <p>6pm Mindful Art</p>	<p>10a Oasis OA* 1p Life-skills</p> <p>3p Life-skills</p> <p>5p Movie Night</p>			

# Our hours of operation are Monday-Friday 10a-7p

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

**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.

**Oasis OA-** Overeaters anonymous is a support group for anyone who struggles with food. This could be overeating, healthy dieting, or not eating enough.

**SELF-** An educational 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 meets the 1st & 3rd Tuesdays of each month.

**SMART Recovery-** An approach that uses a secular and scientifically based using non-confrontational, motivational, behavioral and cognitive methods.

**Open Air -** Open Air is a support group for the LGBTQ+ Community, Family, Friends, and Allies. Topics could be Self-Acceptance, Recovery, Coming out or Mental Health. Meet the Community and enjoy friendly conversation.

## FOCUS ON FRIENDS FEB 2018

### NEW! Guided Meditation

Explore the beginning stages of yoga poses, guided meditation, and relaxation techniques that have helped many on their pathway of Recovery with teacher "Samiam."

### NEW! Thunder ART

"Brae's Multiple Impressions" Will lead a class of Recovery Expression through flash board design and graffiti artistry. Come learn a new skill to support your personal wellness.

### Career Workshop Series

Looking for a Job? Working on your resume? This series will help you plan, look for, and apply for the job you want.

Feb 5: Dress to Impress, what to wear to an interview?

Feb 12: Resume Building: How to look amazing on paper!

Feb 19: Interview Skills: How to show your best side when speaking at an interview.

### Get'n Crafty

A simple and fun craft for all, be creative, work with your hands and great way to socialize with friends.

Feb 1: Glass Pebble Magnets

Feb 2: Homemade Shower Gel (1)

Feb 2: Dry Erase Board (2)

Feb 6: Homemade Hand soap

Feb 7: Sharpie Mugs

Feb 9: Heart Sponge Art

Feb 12: Valentine's Chocolates and Cards

Feb 13: Homemade Bath Bombs (1)

Feb 13: Valentine's Cards/Gifts (2)

Feb 14: Valentine's Garland

Feb 15: DIY Rock Photo Holders

Feb 16: Homemade Sugar Scrub

Feb 20: DIY Rings

Feb: 21 Sharpie Flower Pots

Feb 22: Magic Fairy Jars

Feb 23: Stress Relief Heat Packs (1)

Feb 23: Homemade Lip Balm (2)

Feb 27: Mason Jar Luminaries

### Life-skills

Life can be tough, Life-skills offers guidance, suggestions, and "hacks" for the tough stuff you encounter every day.

Feb 1: Time Management

Feb 2: Being Assertive

Feb 5: Stress Strategy and Relaxation tips

Feb 6: Making Time for Me

Feb 8: Positive Thinking

Feb 12: Preparing a Budget

Feb 13: Mindfulness Journal

Feb 14: Finding your life Purpose

Feb 19: Problem Solving

Feb 20: Coping Skills and Strategy's

Feb 21: Cell Phone Etiquette (1)

Feb 21: Self-Esteem Journal (2)

Feb 26: Healthy Habits (1)

Feb 26: Mindful Meditation (2)

Feb 27: Practicing Self-Care

Feb 28: Steps to a Healthier Heart (1)

Feb 28: 12 Months to a Healthier You (2)

### Mindful Art

Projects with purpose, Arts and Crafts with a message, lesson, or information to reflect on.

Feb 1: Stress Balls

Feb 8: Magazine Collages

Feb 15: Stress relief, Adult Coloring and Conversation

Feb 19: "Open When" Cards

Feb 22: Kawa River Project

Feb 23: Recovery Awareness Bracelets

Feb 27: My Hands: Past to Present

### Super Snack!

Learn how to follow recipes, prepare, and cook sweet and healthy snacks then enjoy the result.

Feb 9: Jolly Rancher Roses

Feb 6: English Muffin Pizza

Feb 13: Buckeye Pie

Feb 14: Valentine's Cookies

Feb 16: Healthy Turkey Sliders

Feb 20: Baked Potato Bar

Feb 26: Veggie Pizza

Feb 27: Scotcheroos

### Soup-R-Bowl

Feb 7: Soup and stew Contest, come and try your own recipe for a grand prize. In case that you're not inclined to duel it out with other Soup-R contestants, you can bring bread, crackers or a dessert.

### Fun&Games

Feb 26: Group games with our Awesome Interns!

