

APR 2018

509 W. Trenton Ave. Findlay, OH 45840

(419) 423-5071

Hours: Mon-Fri 10am-7pm

SUN	MON	TUE	WED	THU	FRI	SAT	
01 530p Open Minds CA*	02 12p Nooners NA* 12p Mindful Art 2p Life-skills 4p Fun & Games <i>Monopoly</i> 530p Super Snack!	03 10a Crochet Corner 2p Life-skills 4p Mindful Art 530p Super Snack 630p SELF: <i>Problem Solving</i>	04 10a Oasis OA* 12p Career Series <i>Career Aptitude Test</i> 2p Life-skills 3p Mindful Art 6p Get'n Crafty	05 12p Cooking Class 2p Life-skills 3p Get'n Crafty 4p Fun & Games <i>TorD: Lifestyle Edition</i> 530p Thunder ART	06 12p Get'n Crafty 2p Life-skills 3p SMARTrecovery* 4p Spring Walk 530p Mindful Art 730p Open Air*	07 730p Gambler's Anonymous* 7p Primary PurposeNA*	
08 530p Open Minds CA*	09 12p Nooners NA* 12p Mindful Art 2p Life-skills 4p Fun & Games <i>20 Questions</i>	10 10a Crochet Corner 2p Life-skills 4p Mindful Art 530p Super Snack	11 10a Oasis OA* 1130a Lunch <i>Bunch Casa Fiesta</i> 12p Career Series <i>Vision Boards</i> 2p Life-skills 3p Mindful Art 6p Get'n Crafty	12 12p Cooking Class 2p Life-skills 3p Spring Walk 4p Fun & Games <i>"What would you do?"</i> 6p Guided Meditation	13 12p Get'n Crafty 2p Life-skills 3p SMARTrecovery* 4p Super Snack 530p Mindful Art	14 730p Gambler's Anonymous* 7p Primary PurposeNA*	
15 530p Open Minds CA*	16 12p Nooners NA* 12p Mindful Art 2p Life-skills 4p Fun & Games <i>Ice Breaker Bingo</i>	17 10a Crochet Corner 2p Life-skills 4p Mindful Art 530p Super Snack! 630p SELF: <i>Connect or Disconnect</i>	18 10a Oasis OA* 12p Career Series <i>Career advise no one tells you</i> 2p Life-skills 3p Mindful Art 530p Spring Walk	19 12p Cooking Class 2p Life-skills 330p Get'n Crafty 430p Fun & Games <i>"Right, Left, EAT!"</i> 530p Thunder ART	20 12p Get'n Crafty 2p Life-skills 3p SMARTrecovery* 4p Super Snack 530-7p AMA Painting Class** registration required 730p Open Air*	21 730p Gambler's Anonymous* 7p Primary PurposeNA*	
22 530p Open Minds CA*	23 12p Nooners NA* 12p Mindful Art 2p Life-skills 4p Fun & Games <i>Balloon Fun!</i>	24 10a Crochet Corner 2p Life-skills 4p Mindful Art 530p Super Snack!	25 10a Oasis OA* 12p Career Series <i>Top 20 Interview</i> 2p Life-skills 4p Mindful Art 6p Get'n Crafty	26 12p Cooking Class 2p Life-skills 3p Spring Walk 4p Fun & Games <i>Chair Bingo</i> 6p Guided Meditation	27 12p Get'n Crafty 2p Life-skills 3p SMARTrecovery* 4p Super Snack 6p Mindful Art	28 730p Gambler's Anonymous* 7p Primary PurposeNA*	
29 530p Open Minds CA*	30 12p Nooners NA* 12p Mindful Art 2p Life-skills 4p Fun & Games <i>Positive Ping-Pong</i>	<div data-bbox="483 1696 1079 1959" data-label="Text"> <p>Follow us on Facebook @focuswc or the web at FOCUSRWC.ORG * Volunteer Opportunities Available *</p> </div>					



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Our hours of operation 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.

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."

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

Mindful Art

Projects with purpose, arts and crafts with a message, lesson, or information to reflect on.

April 2-Leaf Printing
April 3-Self Representation Drawing
April 4-Turtle painting
April 6-Abstract cut & paste
April 9-Mindful Coloring
April 10-Art interpretation
April 11-Magazine collages
April 13-Motivational quote making
April 16-Blackout poetry
April 20-Dream Catchers
April 18-Coffee, Crayons, & Conversation
April 23-Basic hand lettering
April 24-Raspberry Lemonade Soap
April 25-Glue painting
April 27-Watercolor art
April 30-Doodling 101

Super Snack!

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

April 2-Yogurt parfait
April 3-Banana Nutella Sushi
April 10-Crackers and fresh Dips
April 13-Puffy Hotdogs
April 20-Turkey Sliders
April 20-Pizza Toast
April 24-Homemade Nacho Cheese
April 27-Turkey Bacon Wraps

Cooking Class!

Prepare a meal or whole entrée as a group, sit down and enjoy together.

April 5-Beef Stir Fry
April 12-Beef Ramen Noodles with Flare!
April 19-Cheesy Taco Sticks
April 26- Shrimp Scampi

Spring Walks

The weather is warming up and the sun is shining! It's a great time to start a healthy habit. Spring Walks this April, take a walk in the neighborhood or down through campus with friends.

Life-skills

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

April 2-Essential social skills
April 3-De-escalation strategies
April 4-Exercising techniques 101
April 5-Circle of Control
April 6-Online Banking 101
April 9-Journaling techniques
April 10-Decreasing anger self talk
April 11-Fortune teller making
April 12-Beneficial coping skills
April 13-Self-care strategies
April 16-Self esteem building
April 17 Personal mantra making
April 18-How to constantly improve
April 19-How to form a habit
April 20-50 ways to practice self love
April 23-"Wants and Needs" money management
April 24-Time management mapping
April 25-How to Sew 101
April 26-"Where can I buy this object?"
April 27-How do I calm down? anywhere
April 30-Healthy drinking habits

Get'n Crafty

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

April 4-Yarn and String Art
April 5-Braded Ribbon Bookmarks
April 6-Tie Blankets
April 11-Cloth Flowers
April 13-Pipecleaner Flower Making
April 19-Vision Board
April 20-Spray Art
April 25-Popsicle stick art
April 27-Finger Crocheting

Career Workshop Series

Looking for a Job? Working on your resume? This series will help you research and apply for the job you want. Also minimize work stress and keep successful employment.



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