

MAY 2018

509 W. Trenton Ave. Findlay, OH 45840

(419) 423-5071

Hours: Mon-Fri 10am-7pm

SUN

MON

TUE

WED

THU

FRI

SAT



01

02

03

04

05

10a Crochet Corner
2p Mindful Art
4p Get'n Crafty
6:30p **SELF** How
To Stay Grounded

10a Oasis OA*
12p Mindful Art
2p Super Snack
4p Get'n Crafty

12p Cooking Class
2p Life-skills
3p Get'n Crafty
4p Fun & Games
Headbands
530p Thunder ART

▼ Special Event ▼
11-3p ACCESS Bars
3p SMARTrecovery*
730p Open Air*

730p
Gambler's
Anonymous*
7p
Primary
PurposeNA*

06

07

08

09

10

11

12

530p Open
Minds
CA*

12p Mindful Art
2p Life-skills
4p Fun & Games
Apples to Apples

10a Crochet Corner
2p Life-skills
4p Mindful Art
530p Super Snack

10a Oasis OA*
1130a Lunch
Bunch
Olive Garden
2p Life-skills
4p Mindful Art
6p Get'n Crafty

12p Cooking Class
2p Life-skills
3p Get'n Crafty
4p Fun & Games
"Jenga With a Twist"

12p UF Students
2p Life-skills
3p SMARTrecovery*
4p Super Snack
530p Mindful Art

730p
Gambler's
Anonymous*
7p
Primary
PurposeNA*

13

14

15

16

17

18

19

530p Open
Minds
CA*

12p Mindful Art
2p Life-skills
4p Fun & Games
Myers Briggs Test

10a Crochet Corner
2p Life-skills
4p Mindful Art
530p Super Snack!
630p **SELF:**
Stress Management

10a Oasis OA*
2p Life-skills
3p Mindful Art
530p Spring Walk

WRAP Workshop
**call for details*

**Spring Fling
Potluck & Bingo
Celebration!**
12:00pm- 4:00pm
●Potluck●Bingo
●Games●Crafts●
530p Thunder ART



12p Get'n Crafty
2p Life-skills
3p SMARTrecovery*
4p Super Snack
530-7p **AMA
Painting Class**
**registration required*
730p Open Air*

730p
Gambler's
Anonymous*
7p
Primary
PurposeNA*

20

21

22

23

24

25

26

530p Open
Minds
CA*

12p Mindful Art
2p Life-skills
4p Fun & Games
Quelf!

10a Crochet Corner
2p Life-skills
4p Get'n Crafty
530p Super Snack!

10a Oasis OA*
12p Mindful Art

▼NEW▼
3p RE-Vamped
6p Get'n Crafty

12p Cooking Class
2p UF Students
4p Fun & Games
*Get To Know You
Catch*

12p Get'n Crafty
3p SMARTrecovery*

▼ Special Event ▼
4:30-7p
Let your Recovery
take Flight!
*Recovery Kite design and
building class*

730p
Gambler's
Anonymous*
7p
Primary
PurposeNA*

27

28

29

30

31

530p Open
Minds
CA*

12p Mindful Art
2p Life-skills
4p Fun & Games
Charades

10a Crochet Corner
12p Get'n Crafty
2p Life Skills
4p Super Snack

10a: Oasis OA*
12p Mindful Art
2p Get'n Crafty
4p Life Skills

12p Life Skills
2p Mindful Art
4p Get'n Crafty



Recovery Guide Training
**call for details*

Follow us on Facebook

@focusrwc or the web at

FOCUSRWC.ORG

* Volunteer Opportunities Available *



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

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.

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.

Spring Fling Potluck & Bingo Celebration!

Come celebrate Spring with FOCUS. Bring a Dessert to share for the potluck and enjoy Bingo with exciting prizes. We will also create spring time balloon flowers with Isaac and other spring crafts.

May 17, 12p-4p

Let Your Recovery take Flight!

Let your creativity soar in this kite building class. Brae from our Thunder Art program will help you turn your recovery journey into artwork that you will design onto kite paper. Then our staff member Jill will then teach you how to construct your kite that will actually fly under the right conditions. Come share your story during this creative recovery experience, refreshments provided.

May 25, 4:30p-7p

Mindful Art

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

- May 1 - All About You Collage
- May 2 - DIY Fidget Spinner
- May 7 - Positive Quote Box
- May 8 - Zen Jars
- May 9 - Semi Colon Canvas Painting
- May 11 - Take What You Need Craft
- May 14- Rainmaker
- May 15 - My Recovery Book
- May 16 - Jar of Dreams
- May 21 - Make An Outfit Based on How You Feel!
- May 23 - Handmade lotion
- May 28 - Nesting Dolls
- May 30 - Dual Self Portraits
- May 31 - Broken Bowl Project

Super Snack!

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

- May 2-Strawberry Banana Pancake Skewers
- May 8 - Cookie Dough Dip
- May 11- Strawberry Cheesecake Bites
- May 15 - Fruit Smoothie
- May 18 - 7-Layer Dip
- May 22 - Bubble Tea
- May 29 - Trail Mix

Cooking Class!

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

- May 3 - Bacon Mac & Cheese
- May 10 - Taco Pasta
- May 17 - Spring Fling Potluck
- May 24 - Jambalaya

Access Bars® free clinic for mental health month.

During an Access Bars session, a trained practitioner lightly touches 32 points on your head which dissipates the electromagnetic charge that gets locked in our brains by the thoughts, feelings and emotions that we have stored over lifetimes. Imagine if someone could press a button and mute that voice in your head that tells you that you're not good enough or that you can't accomplish what you dream about. That "voice" comes from those electromagnetic charges that keep us from believing we can have the life we've always known is possible.

May 4, 11a-3p

Life-skills

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

- May 3 - How To Center Yourself
- May 7- Wants and Needs
- May 8 - Positive Thoughts and Affirmations
- May 9 - Dress For Success
- May 10 - Healthy Relationships
- May 11 - Spoon Theory: Don't Wear Yourself Out
- May 14- Preparing a Budget
- May 15 - Time Management
- May 16 - Fighting Negative Thoughts
- May 18 - How To Take a Step Back
- May 21 - How To Be Confident
- May 22 - Show and Tell
- May 28 - Mindfulness
- May 29 - Your Personal Qualities and Strengths
- May 30 - Assertiveness
- May 31 - Empathy

Get'n Crafty

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

- May 1 - Beaded Bracelet
- May 2 - Chalk and Glue Mandalas
- May 3 - DIY Balloon Bowls
- May 9- Build a bird house
- May 10 - DIY No Sew T-shirt Tote Bag
- May 18 - Spring Mason Jars
- May 22 - Bubbly Lava Lamps
- May 23 - Yarn Wrapped Initial
- May 25 - Pom Pom Keychain
- May 29 - Sharpie Coasters
- May 30 - Beaded Wind Chime
- May 31 - Tie-Dye T-shirts

University of Findlay OT Class Visit & Activities

May 11 & 24

RE-Vamped

Diva day is back with a new look!

Kyle brings you RE-Vamped! Arrive with your basic hair and make-up or a "day look" and Kyle will show you how to rethink your look with simple tips and tricks that follow the current trends you see in magazines or on the runway.

May 23 at 3p-4p