




JULY 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* 7p Day by Day NA*	02 12p Get'n Crafty 2p Life-Skills 4p Mindful Art	03 10a Crochet Corner 2p Mindful Art 4p Summer Walk "Hide The Rocks" 6p SMART Bet 630p SELF: Resolving Conflict	04 Happy Fourth of July! We are Open! 	05 12p Cooking Class 2p Mindful Art 530p Thunder ART 6p SMART Bet	06 12p Get'n Crafty 2p Life-Skills 3p SMARTrecovery* 730p Open Air*	07 7p Primary Purpose NA*
08 530p Open Minds CA* 7p Day by Day NA*	09 2p Mindful Art 4p Fun & Games <i>Quelf</i> ▼NEW▼ 6p <i>Elevated State</i>	10 10a Crochet Corner 2p Get'n Crafty 4p Life-Skills 6p SMART Bet	11 10a Oasis OA* 1130a Lunch Bunch: <i>Royal Buffet</i> 2p Life-Skills 4p Get'n Crafty 5p Super Snack!	12 12p Cooking Class 2p Mindful Art 4p Get'n Crafty	13 12p Life-Skills 3p SMARTrecovery* 4p Mindful Art 530p Get'n Crafty ▼NEW▼ 6p <i>Stroke & Brain Injury Support Group</i>	14 7p Primary Purpose NA*
15 530p Open Minds CA* 7p Day by Day NA*	16 2p Life-Skills 4p Get'n Crafty 5p Super Snack!	17 10a Crochet Corner 2p Mindful Art 5p Super Snack! 630p SELF <i>What we mean by Loss?</i>	18 2p Life-Skills 3p Mindful Art ▼NEW▼ 4p <i>July Birthday Celebration!</i>	19 12-4p Summer Beach Party!! Potluck, Bingo, and Summer Crafts 530p Thunder ART 	20 12p Get'n Crafty 3p SMARTrecovery* 530-7p AMA Painting Class <i>*registration required*</i> 730p Open Air*	21 7p Primary Purpose NA*
22 530p Open Minds CA* 7p Day by Day NA*	23 2p Mindful Art 4p Fun & Games <i>Jenga With a Twist</i> ▼NEW▼ 6p <i>Elevated State</i>	24 10a Crochet Corner 2p Life-Skills 4p Get'n Crafty	25 10a Oasis OA* 12p Mindful Art 2p Life-Skills ▼NEW▼ 3p <i>RE-Vamped!</i>	26 12p Cooking Class 2p Get'n Crafty 4p Life-Skills	27 12p Get'n Crafty 2p Life-Skills 3p SMARTrecovery* 4p Mindful Art	28 7p Primary Purpose NA*
29 530p Open Minds CA* 7p Day by Day NA*	30 12p Mindful Art 2p Life-Skills 4p Get'n Crafty	31 10a Crochet Corner 2p Life-Skills 4p Super Snack!	<div data-bbox="701 1705 1133 1999" style="background-color: #2e8b57; color: white; padding: 10px; border-radius: 15px;"> <p>Follow us on Facebook @focusrwc or the web at FOCUSRWC.ORG * Volunteer Opportunities Available *</p> </div> <div data-bbox="1149 1633 1529 2011" style="text-align: center;">  <p>FOCUS recovery and wellness community</p> </div>			

JULY 2018

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.

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.

***NEW* Elevated State -** A holistic, recovery based, non-theistic class that invites individuals to explore various forms of meditation, aroma therapy, yoga, self-reflection practices, and music therapy.

***NEW* RE-Vamped -** Come to FOCUS with your basic hair and make-up routine. Our professional instructor will show you how to rethink your look with simple easy to follow tricks that you see in magazines.

***NEW* SMART Bet -** a program that helps promote responsible gambling, identify problem gambling, and offers participants information, resources, support, and guidance.

Mindful Art

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

- July 2- Song Lyric Plate
- July 3 - Rock Painting
- July 5 - Esteem Hearts
- July 9 - Geode Bath Bombs
- July 12 - Your Future Spark
- July 13 - Worry Pets
- July 17 - Outside Vs. Inside Mask
- July 18 - 31 Days of Mental Health Wellness
- July 23 - What To Keep In Your Heart
- July 25 - DIY Dry Erase Calendar
- July 27 - Shark Sensory Bottle
- July 30 - Fizzy Hearts

Super Snack!

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

- July 11 - Baked Parmesan Zucchini Chips
- July 16 - Soft Pretzels and Cheese
- July 17 - Bacon Rolls
- July 31 - Mac n Cheese Balls

Cooking Class!

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

- July 5- Harry Potter Pancakes
- July 12 - Chicken BBQ Wraps
- July 19 - Group Potluck
- July 26 - Ham and Cheese Sliders

Summer Beach Party

Community Potluck, Bingo, and Summer themed Arts & Crafts.

Bring a side-dish or dessert to share and celebrate Summer with friends! After lunch we'll have an exciting game of Bingo with prizes provided by FOCUS. Stick around and make summer time crafts and hang out with us all day!

Thursday July 19, 12p-4p

Life-skills

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

- July 2 - Morning Habits that will Change Your Life
- July 6 - Personal Bill of Rights
- July 10- Myers Briggs Personality Test
- July 11 - How to Make New Friends
- July 13 - Personally Reasonability
- July 16 - The Yin and Yang-Find Balance
- July 18 - How to Take Compliments & Criticism
- July 24 - Positive Vibes, What's Your Energy
- July 25 - Daily Affirmations
- July 26 - Self-Love
- July 27 - The Power of Language
- July 30 - How to Find Your Passion
- July 31 - Coping Skills

Get'n Crafty

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

- July 2 - Fire Works Painting
- July 6 - Toucan Craft
- July 10- Cat Plant Pots
- July 11 - Andy Warhol Pencil Holder
- July 12 - Cosmic Sun Catchers
- July 13 - Pop Bottle Firefly
- July 16 - Moon Garland
- July 20 - Map Mason Jar Rings
- July 24 - Wash Cloth Teddy Bear
- July 26-Positive Quote Mugs
- July 27 - Paint the Sun
- July 30- Cake Sprinkle Candle Making

▼ NEW Support Group ▼ Stroke & Traumatic Brain Injury Support Group

A place to find common ground with others who have had or experienced stroke, brain, and or nervous system trauma. A safe and non-judgmental environment to inspire hope and encourage health and wellness.

► Separate lounge for caregivers available ◀

Meeting the second Friday of every month from 6p-7p



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