

March 2020

Mon	Tue	Wed	Thu	Fri
2 10:00 Let's Drop It 10:45 Dual Recovery 12:00 WOD Tasks 12:15 Creative Coping	3 10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks	4 10:00 Mindful Movement 10:45 Mental Health Matters 12:00 WOD Tasks 12:15 Crafting & Beading 12:45 Menu Planning	5 10:00 Talk the Talk 10:45 Career Center 12:00 WOD Tasks 1:30-3:15 Young Adult Programming	6 10:00 Healthy Snack 10:45 Career Center 11:30 Living Clean 12:15 WOD Tasks 1:00 Game Group
9 10:00 Let's Drop It 10:45 Dual Recovery 12:00 WOD Tasks 12:15 Creative Coping	10 10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks	11 10:00 Mindful Movement 10:45 Mental Health Matters 12:00 WOD Tasks 12:15 Crafting & Beading 12:45 Menu Planning	12 10:00 Parkway Volunteering* 10:00 Talk the Talk 10:45 Career Center 12:00 WOD Tasks 1:30-3:15 Young Adult Programming 7:00 "Beyond Possible" Film Screening*	13 10:00 Individual Advocacy Workshop* 10:00 Healthy Snack 10:45 Career Center 11:30 Living Clean 12:15 WOD Tasks 1:00 Movie & Popcorn
16 10:00 Let's Drop It 10:45 Dual Recovery 12:00 WOD Tasks 12:15 Creative Coping	17 10:00 Tai Chi 10:45 Pathways to Recovery 11:30 St. Patrick's Day Lunch (FREE) 12:00 WOD Tasks	18 10:00 AMPLIFY, Inc. Presentation 10:00 Mindful Movement 10:45 Mental Health Matters 12:00 WOD Tasks 12:15 Crafting & Beading 12:45 Menu Planning	19 10:00 Talk the Talk 10:45 Career Center 12:00 WOD Tasks 1:30-3:15 Young Adult Programming	20 10:00 Healthy Snack 10:45 Career Center 11:30 Living Clean 12:00 Work Support* 12:15 WOD Tasks 1:00 Game Group
23 10:00 Let's Drop It 10:45 Dual Recovery 12:00 WOD Tasks 12:15 Creative Coping	24 9:00 Legislative Breakfast* 10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks	25 10:00 Mindful Movement 10:45 Mental Health Matters 12:00 WOD Tasks 12:15 Crafting & Beading 12:45 Menu Planning Sam & Ali Farewell (FREE Pizza & Cake) *Wolf Pack Out-Trip	26 10:00 Parkway Volunteering* 10:00 Talk the Talk 10:45 Career Center 12:00 WOD Tasks 1:30-3:15 Young Adult Programming	27 10:00 Healthy Snack 10:45 Career Center 11:30 Living Clean 12:15 WOD Tasks 1:00 Game Group OT Interns Last Day ®
30 10:00 Let's Drop It 10:45 Dual Recovery 12:00 WOD Tasks 12:15 Creative Coping	31 10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks			

*= indicates workshop/event is off-grounds

Community Meeting 9:15 daily

Unit Meetings 9:30-10:00 (**Operations, Culinary, Transportation, Advocacy, and Wellness**)

Lunch 11:30 (sign-up by 10:15) served Mon-Thurs (\$2.00 Monday, Wednesday, Thursday; \$1.00 Tuesdays; No lunch served Friday)

Open Computer daily -12pm Monday-Thursday; All Day Friday

Shuttle service daily- Please contact Transportation Unit 860-253-5367 to schedule rides

Career Center Workshops covering various pre-vocational and vocational topics- Facilitated by Melissa Raibeck

Crafting & Beading Members use materials to make fun and creative crafts. –Facilitated by Cassandra Napoleon

Creative Coping Members will learn to use creative expression such as coloring, painting, and crafts as coping skills.- Facilitated By Abby Litrenta

Dance Class Members learn a new dance monthly with a focus on coordination, movement, and fun! –Facilitated by Alaina Lasnier

Dual Recovery Based on the 12-Step Model for Recovery, this workshop gives support and guidance to members who have experienced both addiction and mental health issues – Facilitated by Michele Fontaine

Game Group Have fun and socialize with peers while engaged in friendly competition –Peer Facilitated

Healthy Snack Learn to prepare simple snacks and promote healthy eating habits – Facilitated by Bay Path

Let's Drop It Members engage in interactive activities to promote physical and psychosocial well-being. –Facilitated by Bay Path

Living Clean Using materials and discussion to create an atmosphere where members can talk about living clean in all aspects of their life. –Facilitated by Cassandra Napoleon

Mental Health Matters A safe space to discuss mental health diagnoses and symptoms, work on self-esteem and coping skills, and learn additional ways for members to manage their mental health. –Facilitated by Abby Litrenta

Menu Planning Members have the opportunity to give input and ideas for meals served through the clubhouse Culinary Unit each week. –Facilitated by Jim Fazio and Staff

Mindful Movement Members are guided through exercises focused on strength and cardio along mindfulness techniques. - Facilitated by Bay Path

Parkway Pavilion Volunteering A volunteer opportunity for members to engage elderly and disabled individuals in creative art activities in a nursing home/rehabilitation center. –Facilitated by Alaina Lasnier

Pathways to Recovery Helping members reclaim fuller and more satisfying lives by drawing on their own strengths, resources, and natural supports. –Facilitated by Alaina Lasnier

Tai Chi Slow movements and balance are the focus in this martial arts practice. –Facilitated by Bay Path

Talk the Talk Learn about active listening, nonverbal communication, negotiating and communication skills. -Facilitated by Jill Cushman

** = Indicates special event, workshop, or out-trip not always offered regularly

****Beyond Possible** Film screening & discussion presented at TOIVO which discusses how the Hearing Voices Network approach has helped transform lives by providing a new approach. (See Alaina Lasnier in Advocacy; sign up required)

****Individual Advocacy Workshop** Hosted by Advocacy Unlimited for community members, including people in recovery, seeking to harness and build an advocacy tool belt. (See Alaina Lasnier in Advocacy for details)

****Movie & Popcorn** In-house event chosen by members for the month of March

****AMPLIFY, Inc. Presentation** Executive Director Marcia DuFore will discuss opportunities for mental health advocacy and how members can become involved in the local Catchment Area Councils, advisory boards to DMHAS

****Work Support** Monthly workshop through the Career Center focused on different topics that support interest in employment (Room 303 at 153 Hazard Avenue). - Facilitated by Melissa Raibeck

****Legislative Breakfast** AMPLIFY, Inc. invites legislators and constituents to for a presentation to discuss plans and priorities for the upcoming legislative session. (See Alaina Lasnier in Advocacy; sign up required)

****Wolf Pack Hockey Out-Trip** Monthly out-trip chosen by members for the month of March; supervised by staff; sign up & \$10 required