

Opportunity Connection



300 Harvey West Blvd
Tel: 831-425-8132 ext 213

October 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 AM	Coffee Talk	Coffee Talk	Coffee Talk	Coffee Talk	Coffee Talk
9:00 AM	Check-in w/ Dagny	Soft Skills w/ Laura	Stress Management w/ Laura	Stepping Out... w/ Melissa	Volunteer Opportunities w/ Tracy
10:00 AM	Symptom Management w/ Melissa	Leadership w/ Dagny	Anger Management w/ Lucy	Power of Positivity w/ Melissa Coping w/ Voices w/ Chris & Dagny	Coping Skills w/ Lucy
11:00 AM	Creative Writing w/ Lucy Smoking Cessation w/ Sean & Dagny	Communication Skills w/ Melissa	Art w/ Melissa	Fitness for Success w/ Staff	Nutrition w/ Dagny
12:00 PM	Mindfulness w/ Melissa	Ted Talks w/ Laura	Healthy Connections w/ Dagny	Rules to Live By w/ Staff	Mindful Movement w/ Melissa
Special Events	Thursday, October 4 th OC Creative Arts	Thursday, October 11 th OC Multicultural Day	Thursday, August 16 th OC Community Outing	Thursday, Oct 18 th OC Fitness Outing	Weds, October 31 st CC Halloween Party

Description of Daily Services

Coffee Talk: Morning news and horoscopes

Check-in Group: Discuss how you are doing and get feedback and support from peers

Symptom Management: Learn how to cope with a variety of symptoms in a healthy manner

Nutrition/Meal Planning: Learn new cooking techniques, recipes, and prep for healthy meals to take home

Power of Positivity: Identify how positivity influences your life and mental health symptoms.

Soft Skills: Identify emotions and healthy responses

Leadership: Come be a voice in the decisions made for the OC program and practice leadership skills

Creative Writing: Practice healthy expression of emotions and coping skills through creative writing

Mindfulness/Mindful Movement: Come practice and discuss mindfulness techniques and move your body

Smoking Cessation: Come talk about the issues and struggles with quitting smoking and get support from others who are also trying to quit.

Stress Management: Learn how manage your stress level and develop healthy coping skills to reduce stress in your life

Anger Management: Discuss the things that cause you the most anger and develop healthy coping skills to reduce and cope with that anger.

Ted Talks: Come watch a Ted Talk pertaining to mental health and discuss how the information learned impacts your life.

Art: Use art to express yourself creatively

Stepping Out: Find out what's going on in the community over the weekend and coping skills for social anxiety

Communication Skills: Learn good communication skills and importance of them

Coping with Voices: Discover new healthy coping skills for auditory hallucinations, as well as negative intrusive thoughts

Coping Skills: Come learn and practice the art of gardening as a coping skill

Volunteer Opportunities: Come learn about the volunteer opportunities in the community and discuss the struggles in participating in volunteer activities.