

Opportunity Connection



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

March 2019

	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	Facing Your Fears w/ Dagny	What You Reflect w/ Tracy
10:00 AM	Yoga for All Movement w/ Shanie	Leadership w/ Dagny	Symptom Management w/ Lucy	Coping w/ Voices w/ Chris & Melissa	Mindfulness w/ Melissa
11:00 AM	Creative Writing w/ Dagny	Communication Skills w/ Melissa	Art w/ Melissa	Power of Positivity w/ Melissa	Coping Skills w/ Lucy
12:00 PM	Lunch and Walk w/ Healthy Connections	Lunch and Healthy Connections Gardening/ Lifecoaching	Lunch and Walk w/ Healthy Connections	Lunch and Healthy Connections Gardening/ Lifecoaching	Lunch and Walk w/ Healthy Connections
Special Events	Friday, Mar 1 st OC Multicultural Day	Friday, Mar 8 th OC Community Outing	Friday, Mar 15 th OC Physical Outing	Friday, Mar 22 nd OC Community Education Outing	Thursday, Mar 28 th B-day Celebration

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

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: Come practice and discuss mindfulness techniques and move your body

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

Art: Use art to express yourself creatively

Facing Your Fears: Discuss and identify your fears that keep you from getting out in the community and identify coping skills for your fears.

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

What You Reflect: Come experience a fun, therapeutic activity that allows you to reflect on your feelings, your strengths, and her abilities

Yoga for All Movement: Come learn the healthy benefits of stretching and exercise