



Opportunity Connection June Calendar



9:00am
Individual
Sessions/Coffee
Talk
IN-PERSON

9:00am
Individual
Sessions/Coffee Talk
IN-PERSON

9:00am
Individual
Sessions/Coffee
Talk
IN-PERSON

9:00am
Individual
Sessions/Coffee
Talk
IN-PERSON

9:00am
Soft Skills w/
Danika
Via Google Meet

9:30am
Mindfulness w/
Aaron
IN-PERSON

9:30am
Art
w/ Aaron
IN-PERSON

9:30am
Coping w/ Voices
w/ Chris & Danika
IN-PERSON

9:30am
Power of Positivity
w/ Danika
*3rd Thurs.: S&T
IN-PERSON

11:00am
Strengths Discovery
w/Aaron
Via Google Meet

10:30am
Individual
Sessions/Coffee
Talk
IN-PERSON

10:30am
Individual
Sessions/Coffee
Talk
IN-PERSON

10:30am
Individual
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10:30am
Individual
Session/Coffee
Talk
IN-PERSON

11:00 am
Empower Hour w/
Danika
IN-PERSON

11:00 am
Self-Care w/Danika
IN-PERSON

11:00 am
Healthy Connections
w/ Aaron
IN-PERSON

11:00am
Music Appreciation
w/ Aaron
IN-PERSON

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

June 2024 Events

- Common Roots Farm: Thursday, June 6th @ 10am.
- Show and Tell group for O.C. participants: Thursday, June 20th @ 9:30am

JUNE REMINDERS

Make time for fun, rest, and love
Authenticity makes you shine

You are worthy of love and attention

Always be 😊 kinder than you need to

You always have a choice

★ Growth is not always visible

OurMindfulLife.com

We offer vocationally focused individual counseling & group support, along with providing the following opportunities:

- In-House Volunteer
- Work Training Opportunities
- Meditation & Mindfulness
- Symptom Management
- Coping Skills Development
- Leadership Growth
- Peer Support
- Computer Skill Practice

****Hours of Operation****
Monday-Thursday
8am - 3:30pm
&
Friday
8:30am - 12pm

Google Meet Information
Call-in (571) 406-5962
Pin 567-569-316#

For more information contact:

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Santa Cruz, CA 95060
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Opportunity Connection

Program Information & June 2024 Schedule



A Program of
Community Connection
Where our mission is
"To empower our mental
health community through
wellness, meaningful activity,
and community connection."