



Opportunity Connection September 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/
Cloey
IN-PERSON

9:30am
Art
w/ Cloey
IN-PERSON

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

9:30am
Power of Positivity
w/ Danika
IN-PERSON

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

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

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

11:30 am
Empower Hour w/
Danika
IN-PERSON

11:30 am
Self-Care w/Danika
IN-PERSON

11:30 am
Stay Fit
w/ Cloey & HC
IN-PERSON

11:30am
Music Appreciation
w/ Cloey
IN-PERSON

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

September 2024 Announcements

- 9/5: Common Roots Farm @ 10am
- 9/19: Show and Tell Group @ 9:30am

What I want for SEPTEMBER



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
8:30am - 3:30pm
&
Friday
9am - 12pm

Google Meet Information
Call-in (484)-800-1968
Pin 964-843-858#

For more information contact:

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Santa Cruz, CA 95060
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Opportunity Connection

Program Information & September 2024 Schedule



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