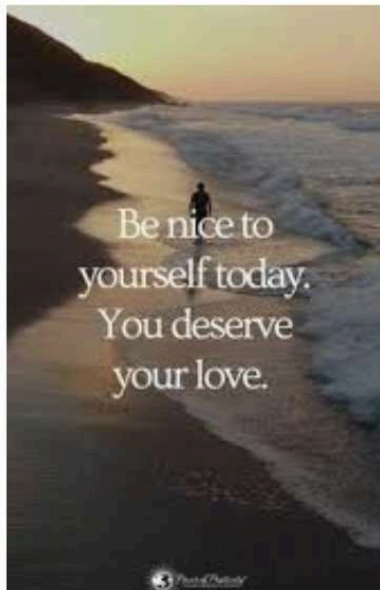


December 2024 Announcements

- **12/19 9:30 AM
OC HOLIDAY PARTY &
SHOW AND TELL**
- **DEC 23- JAN 6
CLOSED FOR
HOLIDAY BREAK**



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:

Danika Brunelli

Community Connection

300 Harvey West Blvd

Santa Cruz, CA 95060

831-425-8132, x216

danika.brunelli@ccsantacruz.org

Opportunity Connection

Program Information

&

December 2024 Schedule



A Program of

Community Connection

Where our mission is

"To empower our mental health community through wellness, meaningful activity, and community connection."



Opportunity Connection December 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 & Seanna
IN-PERSON

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

1 1:00am
Strengths Discovery
w/Cloey
Via Google Meet

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

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

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

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

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

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

11:30 am
Healthy Connection
w/ Cloey
IN-PERSON

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY