

April 2025 Announcements

- **4/17 SHOW AND TELL GROUP @ 9:30AM**
- **4/18 CLOSED FOR FURLOUGH**

"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve from the overflow. You cannot serve from an empty vessel."

ELEANOR BROWN
Author

The Healthy

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

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Opportunity Connection

Program Information

&

April 2025 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 April 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
Strenghts Discovery
w/ Aaron
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
Mental Health
w/ Danika
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/
Seanna
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