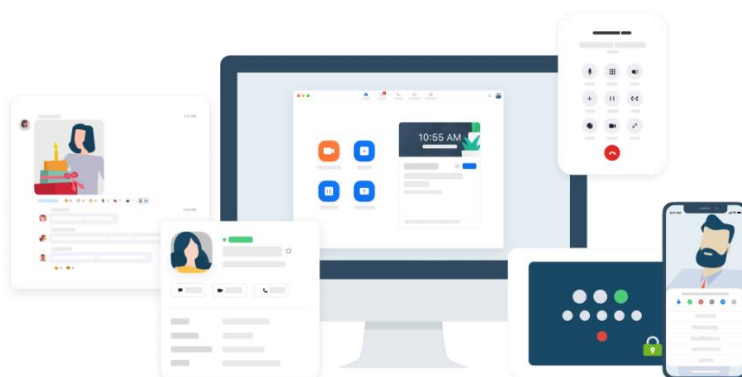


Corbrook is offering **FREE** workshops on Zoom!

Our workshops will give you the opportunity to gain new skills, explore various topics of interest, meet new people and expand your horizons! We are offering a variety of topics including:

- **Mindfulness and Meditation**
- **Pre-Employment Training**
- **Arts and Crafts**
- **Karaoke**
- **Money Management**
- **Yoga and Fitness**
- **Cooking and Nutrition**
- **Self-Advocacy and Activism**
- **Life Skills**
- **Fun and Games**
- **Dance**
- **Social Drop-Ins**



To register or get more information please email Louise louise.scott@corbrook.com or Irene irene.cvetkovski@corbrook.com.

Please provide a phone number you can be reached at.

Registration will be first come, first serve with a maximum of two workshops per week. See the attached schedule for program descriptions and workshop times.

Please note that you will require a computer/tablet with video capabilities (webcam) and access to the internet in order to participate in Zoom workshops.

IMPORTANT: EVEN IF YOU ATTEND THE SAME WORKSHOPS REGULARLY, PLEASE REVIEW THE CONTENT DESCRIPTIONS EVERY WEEK AS TOPICS AND EXPECTATIONS ABOUT WHAT TO BRING WILL CHANGE.



Weekly Zoom Workshop Descriptions

WORKSHOP TOPIC

CONTENT OVERVIEW

Pre-Employment Training Workshops This Week



Money Management Workshops This Week



Arts and Crafts Workshops This Week



Self-Advocacy and Activism (S.A.A.) Workshops This Week



Mindfulness and Meditation Workshops This Week



Life Skills Workshops This Week



Fitness, Health and Wellness Workshops This Week













Cooking and Nutrition Workshops This Week



Social Workshops This Week



Zoom Workshop Schedule - MORNING

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|---|--|--|---|
| 10:00am – 11:00am |  Coffee Talk |  Arts and Crafts |  Fitness, Health and Wellness |  Mindfulness and Meditation |  Coffee Talk |
| 11:30am – 12:30pm |  Mindfulness and Meditation |  Self-Advocacy and Activism |  Cooking and Nutrition |  Life Skills |  Let's Dance! |

IMPORTANT: EVEN IF YOU ATTEND THE SAME WORKSHOPS REGULARLY, PLEASE REVIEW THE CONTENT DESCRIPTIONS EVERY WEEK AS TOPICS AND EXPECTATIONS ABOUT WHAT TO BRING WILL CHANGE.

Zoom Workshop Schedule - AFTERNOON

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|--|---|---|---|--|
| 1:00pm – 2:00pm |  Fitness, Health and Wellness |  Pre-Employment Training |  Arts and Crafts |  Fun and Games |  Fri-YAY! Social |
| 2:30pm – 3:30pm |  Cooking and Nutrition |  Karaoke! |  Money Management |  Karaoke! |  Fri-YAY! Social |

IMPORTANT: EVEN IF YOU ATTEND THE SAME WORKSHOPS REGULARLY, PLEASE REVIEW THE CONTENT DESCRIPTIONS EVERY WEEK AS TOPICS AND EXPECTATIONS ABOUT WHAT TO BRING WILL CHANGE.