**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.

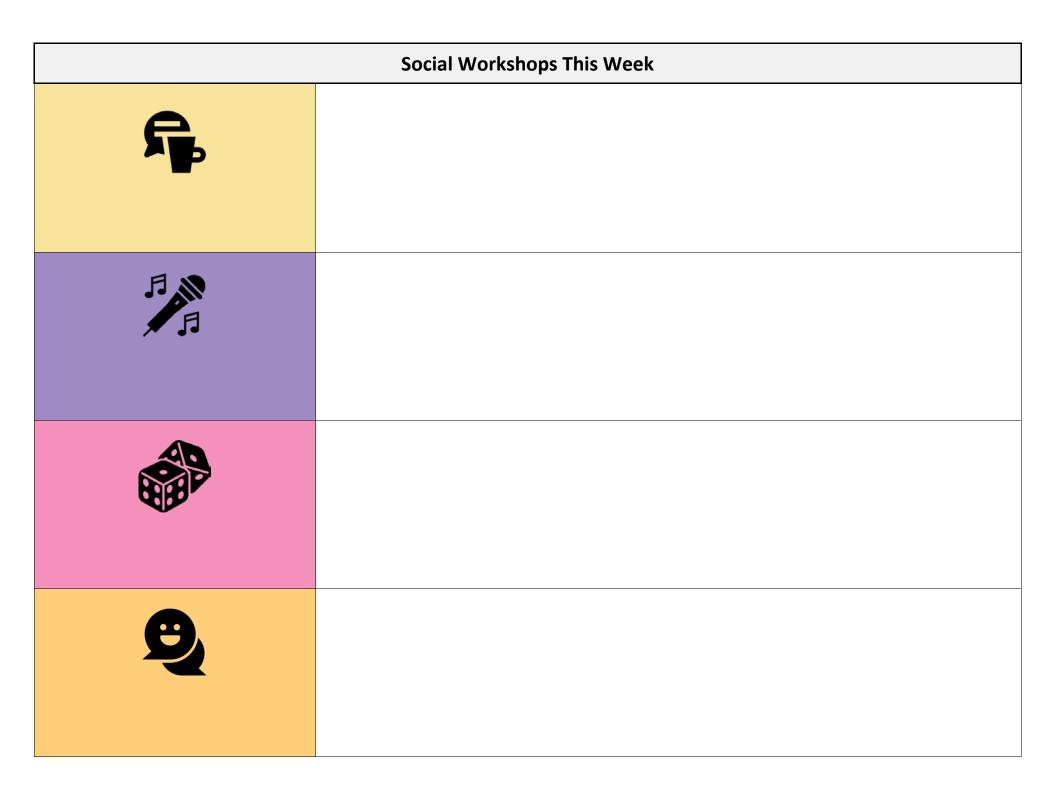


Weekly Zoom Workshop Descriptions					
WORKSHOP TOPIC	CONTENT OVERVIEW				
	Pre-Employment Training Workshops This Week				
	Money Management Workshops This Week				

Arts and Crafts Workshops This Week				
Self-	Advocacy and Activism (S.A.A.) Workshops This Week			
Γ	Aindfulness and Meditation Workshops This Week			
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	Life Skills Workshops This Week				
F	Fitness, Health and Wellness Workshops This Week				
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Cooking and Nutrition 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	<b>Windfulness</b> and Meditation	<b>Coffee</b> Talk
11:30am _ 12:30pm	<b>Windfulness</b> and Meditation	Self-Advocacy and Activism	Cooking and Nutrition	¢o∆ 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.

