

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!

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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

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