

**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	 <b>Coffee Talk</b>	 <b>Arts and Crafts</b>	 <b>Fitness, Health and Wellness</b>	 <b>Mindfulness and Meditation</b>	 <b>Coffee Talk</b>
11:30am – 12:30pm	 <b>Mindfulness and Meditation</b>	 <b>Self-Advocacy and Activism</b>	 <b>Cooking and Nutrition</b>	 <b>Life Skills</b>	 <b>Let's Dance!</b>

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## Zoom Workshop Schedule - AFTERNOON

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

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