

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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