

# WEEKLY WORKSHOP TOPICS

**Week: Nov. 30 – Dec. 4, 2020**



## **Money Fundamentals**

**Topic:** Counting Bills

**Notes:** Please bring any spare cash you have.



## **Sense of S.E.L.F.**

**Topic:** Exploring Emotions: Fear/Fearful

**Notes:** Bring paper and drawing tools (markers, pencil crayons, etc.). A journal or notebook is encouraged to keep your work all in one place.



## **Money Management**

**Topic:** Saving on Grocery Shopping (Part 2)

**Notes:** Please bring any grocery flyers you have.



## **Self-Advocacy and Activism**

**Topic:** Advocacy for Myself and Others

**Notes:** Please bring a pen/pencil, paper, and colouring tools.



## **Striving for Success**

**Topic:** How to Speak with Customers

**Notes:** --



## **Dream BIG!**

**Topic:** Understanding ME: My Life, My Choice

**Notes:** Please bring paper, old magazine/newspaper, scissors, and glue/tape.



## **Live Well**

**Topic:** Climbing Through the Chakras: Heart

**Notes:** You will need: open space, water, paper and drawing tools (markers, pencil crayons, etc.) A journal or notebook is encouraged to keep your work all in one place.



## **Creative Studio**

**Topic:** Stamping Art

**Materials:** Paper, paint, paper plate for paint palette, 4 disposable sponges, scissors, markers

Follow us!



 CorbrookCanada

 CorbrookOfficial

 corbrook\_official



**Corbrook**  
awakening abilities

# WEEKLY WORKSHOP TOPICS

**Week: Nov. 30 – Dec. 4, 2020**



## **Skills for Life**

**Topic:** Winter 101

**Notes:** Checking the weather, dressing appropriately, preparing for winter, outdoor and indoor activities, etc.



## **In the Kitchen**

**Recipe:** Loaded Veggie Nachos

**\*RECIPE ATTACHED ON NEXT PAGE\***

### **You will need:**

- Baking tray
- Parchment paper
- Oven
- Cutting board
- Knife



## **Let's Talk**

**Topic:** International Day of Persons with Disabilities

**Notes:** Dec. 3<sup>rd</sup> marks the United Nations International Day of Persons with Disabilities! Let's talk about the things that make us unique and all the reasons we have to celebrate this awesome day.



## **Karaoke Dance Party!**


**Topic:** Your Choice!


**Notes:** This month it's up to you! Pick your own songs and show off your own dance moves!

Follow us!



 CorbrookCanada

 CorbrookOfficial

 corbrook\_official



**Corbrook**  
awakening abilities