

WORKSHOP DESCRIPTIONS



Keep The Focus on You Weekly Workshops:

Please join us each week for an engaging conversation with peer staff, and learn new ways to work on our recovery, wellness, and self-help strategies.

Weekly Discussions

2/3/21: "Getting to Know Yourself Better"; *Join us in a fun questions and answer game to help us learn more about ourselves and shared common traits with other peers*

2/10/21: "Ways to Comfort Yourself When You Don't Know What's Wrong"; *Develop tools to calm and comfort yourself when working through different emotions and feelings*

2/17/20: "How to Be Mentally Strong"; *Building confidence and resiliency during chaotic times and ways to bounce back*

2/24/21: "Daily Check-In with Myself"; *Learn how to utilize daily check-ins to form goals, develop more mindfulness and self-awareness, and how to track self-progress and personal achievements*

