


May 2021

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16	17 Find Your Inner Piece Jenga Photo Voice	18 Workin' On My Physics Just Dance!	19 Art and Animation Anime and Origami	20 Yoga with Katy from Lavender Hour	21 Media Mashup CD Mosaics Photo Voice	22
23	24 Find Your Inner Piece Puzzle Photo Voice	25 Advanced Mind Control Daily Maintenance List	26 Art and Animation Music Videos	27 Yoga with Katy from Lavender Hour	28 If You Can't Stand The Heat FINAL COUNTDOWN Photo Voice	29
30	31 Find Your Inner Piece Legos Photo Voice	<p>The LOFT is located at 129 E. Crawford St, Fouth Floor Findlay, Ohio 45840. You can reach us by phone at 419-423-5071. Our current hours are Monday-Friday from 3pm-6pm. For more information about the LOFT for young people ages 13-18 and our adult programming at FOCUS Recovery and Wellness Community please visit FOCUSRWC.ORG</p>				

No expectations, no stress, just a place for you to be you.

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The LOFT is a safe place for youth to be themselves and connect with other young people from diverse backgrounds and similar life experiences. The LOFT offers support for youth impacted by mental health, addiction and/or trauma-related issues. Young people today face new and ever-changing issues. The LOFT will help youth navigate these experiences by building a supportive networks and giving them a sense of community and belonging. The LOFT is led by a Youth Advisory Board, dedicated FOCUS staff members and committed volunteers.



Suicide Prevention Training- Team members from the Family Resource Center will be in do discuss suicide prevention training.

Find Your Inner Piece: We find our "inner peace" while playing games or putting together puzzles, We talk about life and self love.

Workin' On My Physics: We work through science experiements, exercises and other physical activities

Art & Animation: We watch TV shows or movies and complete a craft that corrolates with our featured film.

Yoga with Katy from Lavender
Hour: Yoga will be held from 3:30 4:30 every Thursday.

Photo Voice: This class is designed to empower individuals through photography and story telling while building a sense of community.

Media Mash Up: Learn and create with all different forms of media. Music lessons, playlist building, social media creation, podcast support and more!

Advanced Mind Control Techniques: We will discuss and workshop different methods to strengthen our mental health

If You Can't Stand The Heat: We will prepare inexpensive and quick food options as well as play minute to win it games with the occassional discussion of hard to discuss topics.

