


# June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<b>1</b> <b>Advanced Mind Control</b> Self Awareness Journals	<b>2</b> <b>Art and Animation</b> <i>Anime &amp; Origami</i>	<b>3</b> <b>Yoga and Meditation</b>	<b>4</b> <b>Workin' On My Physics</b> Bag Toss Tournament <b>Photo Voice</b>	<b>5</b> <b>Pride in the Park</b> 12P-4P	
<b>6</b>	<b>7</b> <b>Find Your Inner Piece</b> Puzzle <b>Photo Voice</b>	<b>8</b> <b>If You Can't Stand The Heat</b> Feed Yourself 101	<b>9</b> <b>Art and Animation</b> Crafts with Ms. Erin from the Library	<b>10</b> <b>Yoga and Meditation</b> <b>Stencil Workshop</b>	<b>11</b> <b>Media Mash Up</b> Summer Playlist <b>Photo Voice</b>	<b>12</b>	
<b>13</b>	<b>14</b> <b>Find Your Inner Piece</b> Legos <b>Photo Voice</b>	<b>15</b> <b>Advanced Mind Control</b> Fortune Teller Coping Helper	<b>16</b> <b>Art and Animation</b> <i>Anime &amp; Origami</i>	<b>17</b> <b>Yoga and Meditation</b> <b>Stencil Workshop</b>	<b>18</b> <b>Workin' On My Physics</b> Magnetic Slime <b>Photo Voice</b>	<b>19</b>	
<b>20</b>	<b>21</b> <b>Media Mash Up</b> New Music Monday <b>Photo Voice</b>	<b>22</b> <b>If You Can't Stand The Heat</b> Rice Crispy Treats	<b>23</b> <b>Art and Animation</b> Craft Stick Crafts	<b>24</b> <b>Yoga and Meditation</b> <b>Stencil Workshop</b>	<b>25</b> <b>Find Your Inner Piece</b> Jenga <b>Photo Voice</b>	<b>26</b>	
<b>27</b>	<b>28</b> <b>Find Your Inner Piece</b> Puzzle <b>Photo Voice</b>	<b>29</b> <b>Advanced Mind Control</b> H.A.L.T.	<b>30</b> <b>Art and Animation</b> <i>Anime&amp;Origami</i>	<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.</p> <p>For more information about the LOFT for young people ages 13-18 and our adult programming at FOCUS Recovery and Wellness Community please visit <a href="http://FOCUSRWC.ORG">FOCUSRWC.ORG</a></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.



**Stencil Workshop with Hysteria Co. and the Black Heritage Library:** Join Ambz from Hysteria Co. and learn how to creatively advocate for yourself and the casues you believe in. This class will be help from 2PM-4PM on

**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 to 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:** Explore new music and art forms and how we can use music in our recovery journey.

**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 and occassionally discuss hard subjects