

JULY 2021

FOCUS: Recovery and Wellness Community
509 Trenton Ave, Findaly, OH | 419-423-5071

FOCUS Provides a holistic community supporting purpose and wellness through recovery. Creating an inclusive culture of recovery through Hope, Understanding, and Acceptance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12p Cook and Carry 2p Postcards for Recovery 4p Group Game	2 12p Seeking Safety 2p Get'n Crafty 4p Awakening Minds Art	3
4 Theme: Authenticity	5 No Programming We Will Be Open	6 12p Life-Skills 2p Journaling: Burn After Writing 4p Get'n Crafty	7 12p Yoga W/ Sam 2p Mindful Art 4p Life-Skills	8 12p Cook and Carry 2p Postcards for Recovery 4p Group Game	9 12p Get'n Crafty 2p Mindful Art 4p Super Snack	10
11 Theme: Simplicity	12 12p Yoga W// Katy Lavender Hour 2p Life-Skills 4p AIRS	13 12p Get'n Crafty 2p Journaling: Burn After Writing 4p Mindful Art	14 12p Meditation 2p Life-Skills 3:00pm Re-Vamped 4p Get'n Crafty	15 12p Cook and Carry 2p Postcards for Recovery 4p Group Game	16 12p Seeking Safety 2p Life-Skills 4p Awakening Minds Art	17
18 Theme: Hope	19 12p Yoga W// Katy Lavender Hour 2p Get'n Crafty 4p AIRS	20 12p Mindful Art 2p Journaling: Burn After Writing 4p Life-Skills	21 12p Yoga W/ Sam 2p Get'n Crafty 4p Mindful Art	22 12p Cook and Carry 2p Postcards for Recovery 4p Group Game	23 12p Life-Skills 2p Get'n Crafty 4p Super Snack	24
25 Theme: Joy	26 12p Yoga W// Katy Lavender Hour 2p Mindful Art 4p AIRS	27 12p Life-Skills 2p Journaling: Burn After Writing 4p Get'n Crafty	28 12p Meditation 2p Mindful Art 4p Life-Skills	29 12p Cook and Carry 2p Postcards for Recovery 4p Group Game	30 12p Mindful Art 2p Life-Skills 4p Super Snack	31

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Our hours of operation
Monday-Saturday 10p-7p

AIRS - Have you ever needed a meeting with zero roadblocks? How about a meeting for all pathways of Recovery? This meeting is for anyone who is struggling with any sort of life circumstance, and we are open to all pathways of recovery.

Alternative Reflections - Experience a broad movement characterized by alternative approaches to western culture with an interest in spirituality, holism, and environmentalism in a group setting. Topics can range between astrology, aroma therapy, meditation, and much more.

Cook and Carry - Join us every Thursday at noon for a home cooked meal.

Super Snack - Join us every 2nd and 4th Friday of the month for Super Snack. This class will show you how to make a super snack, and after the snack is made you can enjoy your creation with us here at FOCUS.

Get'n Crafty - A simple and fun craft for all, be creative, work with your hands and to socialize with friends.

Life-Skills - Life can be tough, Life-skills offers guidance, suggestions, and "hacks" for the tough stuff you encounter every day.

Recovery Check-In - Join us every Monday and Friday on Facebook Live at noon. We'll be covering a wide range of recovery topics.

Crochet Corner - Join us Tuesday's for Crochet Corner. Crochet Corner is a time where you can get together and create different crocheted items. If you have no experience, that's okay, we can teach you how to crochet too!

Yoga - This class is perfect for beginner-level yogis. Come with an open mind, open heart, and yoga clothes. Mats are provided and this class is free to the public.

Group Games: Join us every Thursday at 4:00 PM for a group game. We'll be playing all sorts of games from classic board games, to fun interactive games, to trivia, to charades. If you're looking for some healthy and lighthearted competition then stop on into FOCUS!

Post Cards for Recovery - This class will be a recovery journey. Each time you come in you will write a post card to yourself about where you are in your own recovery journey. At the end you will create a recovery postcard book that you get to decorate and take home with.



"The most important kind of freedom is to be what you really are."

~ Jim Morrison

Lavender Hour:

Katy from the Lavender Hour is back partnering with FOCUS! All of Katy's classes take place at the Lavender Hour at 12pm 221 Broadway Street! Classes are free of cost!

Journaling - Burn After Writing:

Do you ever want to get your emotions out but don't know where to start? Do you have things you want to say but never want someone to see? Do you want a private way to be able to express yourself? Check out our new program: Journaling-Burn After Writing. We will be venturing into our emotions, writing them out, and then you get to choose if you keep, burn, or throw away the journal prompt. All journal books will be provided.

Seeking Safety:

Seeking safety is a 25-section program of coping skills addressing substance use, trauma, and PTSD. The program focuses on the present - what we can do now to create a better a life and feel safe in our thoughts, actions, and relationships.

Volunteer opportunities
available.

FOCUSRWC.ORG

