

JANUAR Y CHâppy 509 Trenton Avenue

Findlay, OH 45840

Hours: M-TH 10a-7, F 10a-5p, 1st & 3rd Saturday11a-3p

SUN	MON	TUE	WED	THU	FRI	SAT
40	1 We are open 12p Brunch	2 We are open 1p Bake a cake w/ Brooke	3 10a STAR 12p Switch and Paint 2p Boundaries 4p Cooking Class: Lasagna	4 11a New Year New Intentions 12p Group Game 2p Music Playlist 4p Affirmation Journaling 6p FACTOR	5 12p Budget Bingo 1p Healthy Cooking 2p Mindful Art 4p Color and Chat	Open YMCA Trip Meet @ FOCUS by 11::45a
530p CA*	8 11a Oracle Readings w/ Max 1p Crafting on a Budget 2p Mental Health Workbook 4p BINGO!	9 10 Crochet Corner 10a Financial Opportunity Center 12p Cook and Carry 230p Group Game: Scattergories 4p Manifestation Bags	11a CHESS Health + Pizza 12p Switch and Paint 2p Asking for our Needs 4p Essential Oil Rollers	11 12p Group Game 2p Music Playlist 4p Affirmation Journaling 6p FACTOR	12p Baking 2p Mindful Art 4p Color and Chat	13
530p CA*	15 12-3p Free Mini Healing Sessions with Katy from the Lavender Hour @ FOCUS 4p Bingo!	16 10 Crochet Corner 12p Cook and Carry 130 The Steps We Took 230p Group Game: Yahtzee 4p Popsicle Stick Trivets	17 12p Worry Dolls 1-3p Free Massages! 4p Crystal Kits	18 12p Group Game 1p STAR 2p Music Playlist 4p Affirmation Journaling 6p FACTOR	19 12p Budget Bingo 1p Healthy Cooking 2p Mindful Art 4p Color and Chat	Open Group Games and Snacks 11a-3p
21 530p CA*	2 2 11a Oracle Readings W/ Max 11a EQUITAS 1p Crafting on a Budget 2p Mental Health Workbook 4p BINGO!	23 10 Crochet Corner 10a Financial Opportunity Center 12p Cook and Carry 130 The Steps We Took 2p Open Arms 4p Evil Eye Candles	24 12p YMCA 2p Switch and Paint 4p Awakening Minds Art	25 12p Group Game 2p Music Playlist 4p Affirmation Journaling 6p FACTOR	26 12p Baking 2p Mindful Art 4p Color and Chat	27
28 530p CA*	29 1p Crafting on a Budget 2p Trigger Work Book 4p BINGO!	3 O 10 Crochet Corner 12p Cook and Carry 130 The Steps We Took 230p Group Game: What do you Meme? 4p Wooden Coasters	31 12p Switch and Paint 2p Cognitive Distortions 4p Bath Bombs and Shower Melts			

January Is

National Poverty Awareness Month

Hobby Month!

"Poverty Awareness Month is observed in January every year. This important endeavor is observed in America all month long. Did you know that the U.S. ranks second highest in poverty rates among its peer countries? Poverty Awareness Month is about taking an opportunity to learn more about this social ill, raise awareness among others, and understand how everyone can help." (National Today)

Having a hobby is super important to our recovery! It is also the a fun awareness month in January! Hobby month is all about celebrating your favorite hobby! This is a great to think about your hobbies and how they make your daily life better, and share your hobbies with your communities!

CRAFT

If you have a love one who struggles with an alcohol addiction or an addiction, come join CRAFT to learn how cope with this from a family perspective. This group will show you to hold your loved one accountable, hold boundaries, and much more. Call FOCUS and sign up today!

Mondays from 6:30p-8pm!

Chess Health:

Chess Health will be here to chat with you about the CONNECTIONS App! This app halps keep you connected to others in recovery and is a great resource for your wellness toolbox! Come check them out here and enjoy some free pizza from 11am until 1pm!

Equitas Health

Equitas health will be here on January 22nd for free STD testing. No appointment or sign up necessary.



And suddenly you know: It's time to start something new and trust the magic of beginnings."

• Meister Eckhart

Thank You to our local agencies who are partnering with us this month!!













