

MARCH

2024

SUN	MON	TUE	WED	THU	FRI	SAT
25 530p CA*	26 12p Oracle Readings W/ Max 1p Crafting on a Budget 2p Grievance Journaling 4p Bingo!	27 10a Financial Opportunity Center 10a Crochet Corner 12p Cook and Carry 230p Group Game 4p Dragon Fly Clothespins	28 10a STAR 12p Switch and Paint 2p Dealing w/ Avoidance 4p Orange Vanilla Sugar Scrub	29 12p Group Game 2p Music Playlist 4p Affirmation Journals	1 12p Budget Bingo 2p Mindful Art 4p Baked Avocado Fries	2 Abstract Painting w/ Elizabeth
3 530p CA*	4 12p Oracle Readings W/ Max 1p Crafting on a Budget 2p Grievance Journaling 4p Bingo!	5 10a Financial Opportunity Center 10a Crochet Corner 12p Cook and Carry 230p Group Game 4p Dragon Fly Clothespins	6 10a STAR 12p Switch and Paint 2p Dealing w/ Avoidance 4p Orange Vanilla Sugar Scrub	7 12p Group Game 2p Music Playlist 4p Affirmation Journals	8 12p Baking 2p Healthy Cooking 2p Mindful Art 4p Zentangles	9 Abstract Painting w/ Elizabeth
10 530p CA*	11 1p Crafting on a Budget 2p We're Not Strangers 4p Bingo!	12 10a Crochet Corner 12p Cook and Carry 230p Group Game 4p Bunny Coasters	13 12p Switch and Paint 2p Coping Skills + Coping Cards 4p Face Masks + Meditation	14 12p Group Game 2p Lavender Hour 4p Affirmation Journals	15 12p Budget Bingo 2p Mindful Art 4p Make Plantains	16 Mindful Line Art With Elizabeth
17 530p CA*	18 1p Crafting on a Budget 2p Grievance Journal 4p Bingo	19 10a Financial Opportunity Center 10a Crochet Corner 12p Cook and Carry 230p Group Game 4p Song Lyric Plates	20 12p Switch and Paint 2p Axe Throwing 4p Awakening Minds Art	21 12p Group Game 2p Music Playlist 4p Affirmation Journaling	22 12p Baking 1p Healthy Cooking 2p Mindful Art 4p Charcoal Drawings	
24 530p CA*	25 1p Crafting on a Budget 2p Trigger Warning Workbook 4p BINGO!	26 10a Crochet Corner 10a NAMI Connections 12p Cook and Carry 2p Open Arms 4p Succulent Pots	27 12p Switch and Paint 2p Learning to be Gentle with You 4p Kinetic Sand	28 12p Alice in Wonderland Tea Party (dress as your favorite character) 2p Alice in Wonderland Movie 4p Alice Board game	29 12p Budget Bingo 2p Mindful Art 4p Smokey Bacon Cheeseball	30
31 530p CA*	1	2	3	4	5	6

FOCUS: Recovery and Wellness Community

509 Trenton Ave. Findlay, OH

Self-Injury Awareness Day:

Self-Injury Awareness day is to help raise awareness for Self-Injury related injuries. This helps bring conversations about self-harm into a normal light. It helps de-stigmatize self-harm and allows family and friends to offer support to someone who maybe struggling with self-harm.

March 1st...

Dissociative Identity Disorder Awareness Day:

"Dissociative Identity Disorder Awareness Day takes place on March 5 annually. The day is used to create awareness about D.I.D. People who have D.I.D. may feel like they have multiple personalities living in their bodies. These personalities may have different names, ages, genders, and appearances. D.I.D. is often misdiagnosed or not diagnosed at all. By raising awareness, the general public can gain a better understanding of the condition. It also helps to create validation for people with D.I.D. They can accept their multiplicity and share their experiences with others. People with D.I.D. are encouraged to share their stories online, at events, and with friends, family, and health professionals."

International Women's Day

"Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive.

A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all

#InspireInclusion.

Celebrate women's achievement. Raise awareness about discrimination. Take action to drive gender disparity.



Axe Throwing

We have a limited 10 spots to go Axe Throwing on March 20th at 2pm! If you want to join us please sign up today!

Alice in Wonderland Tea Party

Come join us for a day of Alice in Wonderland themed day! We will be having a tea party, watching Alice and Wonderland and playing Alice in Wonderland Games!

Hours:

M-Th: 10a-7p

F: 10a-5p

Every 1st and 3rd Saturday: 11a-3p

**509 Trenton Avenue
Findlay, OH
419-423-5071**

**"Positive vibes only is not a thing.
Humans have a wide range of emotions
and that's okay OK." - Molly Bahr**

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



THE OHIO STATE UNIVERSITY

