

APRIL 2024

509 Trenton Avenue | Findlay, OH | (419)423-5071



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Open Oracle Class	2 10a Financial Opportunity Center 10a Crochet Corner 12p Cook and Carry 2p Group Game 4p DIY Candles	3 10a STAR 12p Switch and Paint 2p Discovering Yourself 4p Weighted Stuffed Animals	4 12p Group Game 2p Mental Health Videos 4p Affirmation Journaling 6p FACTOR	5 12p Basic Needs Bingo 2p Mindful Art 3p Fried Cinnamon Bananas	6 11a-3p Yarn Painting
7 530p CA*	8 Closed for the Solar Eclipse	9 10a Crochet Corner 12p Cook and Carry 2p Group Game 4p Zodiac Bracelets	10 12p Oracle Cards 2p Magic Vision Boards 4p Crystal Necklaces	11 12p Group Game 1p Lavender H 4p Affirmation Journals 6p FACTOR	12 12p Baking 1p Healthy Cooking 230p Mindful Art 4p Zentangles	13
14 530p CA*	15 12p Oracle Readings w/ Max 1p Walk in the Park w/ Trish 2p Grievance Journal 4p Bingo!	16 10a Financial Opportunity Center 10a Crochet Corner 12p Cook and Carry 2p Group Game 4p Friendship Bracelets	17 12p Switch and Paint 12p Connections 2p Shadow Work Journals 4p Face Masks + Meditation	18 10a MOMS Group 12p Group Game 1p STAR 2p Mental Health Videos 4p Affirmation Journal 6p FACTOR	19 12p Basic Needs Bingo 2p Mindful Art 3p Baked Pepperoni Chips	20 11a-3p Letters to our Past Selves
21 530p CA*	22 1p Crafting on a Budget 2p Grievance Journal 4p Bingo!	23 10a Crochet Corner 12p Cook and Carry 2p Group Game 4p Hot Glue Canvases	24 12p Open Arms 2p Face Masks + Meditation 4p Healing Rituals	25 12p Group Game 2p Music Playlist 4p Affirmation Journaling 6p FACTOR	26 12p Baking 2p Mindful Art 4p Charcoal Drawings	27
28 530p CA*	29 1p Crafting on a Budget 2p Grievance Journal 4p Bingo!	30 10a Financial Opportunity Center 12p Cook and Carry 2p Regulating Emotions 4p DIY Jellyfish				

April 1s...



Counseling Awareness Month:

Counseling Awareness Month was created to help break the stigma on Mental Health Treatment.

Everybody could use a good therapist!

If you are looking for a therapist, call today for resources.

Arab American Heritage Month:

“National Arab American Heritage Month takes place in April. It celebrates the Arab American heritage and culture and pays tribute to the contributions of Arab Americans and Arabic-speaking Americans.”



Basic Needs Bingo!

Are you in need of some basic needs like laundry detergent, cleaner, paper products, etc? Come to our Friday Basic Need Bingo at 12pm!

Financial Opportunity Center

Need help with a resume? Practice interviewing? Budgets? Come visit the FOC at FOCUS on the 2nd, 16th and 30th!

Hours:

M-Th: 10a-7p

F: 10a-5p

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

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



THE OHIO STATE UNIVERSITY



“listening is often the only thing needed to help someone.”