

2024

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLOSED	2 Movie & Popcorn	3 Show & Share	4 Switch & Paint	5 Mario Kart w/Max	6
7	8 CLOSED	9 Affirmation Boards	10 Support Group	11 Music Playlists	12 Bingo	13
14	15 Wellness Backpack	16 Coping Skills	17 Vision Boards	18 Wellness Jeopardy	19 Mario Kart w/Max	20
21	22 Breaking Stigma	23 Let's Get Cookin'	24 Support Group	25 Cookies & Connections	26 Dietsch's Trip	27
28	29 Wellness Backpack	30 Clay Art				



PROGRAMS

SHOW & SHARE-

Bring a physical item or topic that you are passionate about to share with the group

SWITCH & PAINT-

Canvas Painting where we switch paintings with a partner every 5 minutes

AFFIRMATION BOARDS-

Build yourself up by writing positive traits and complimenting yourself

SUPPORT GROUP-

Wellness group to help youth express their feelings and struggles with the support of their peers and trusted adults in the space

MUSIC PLAYLISTS-

Everyone chooses a song to share that they resonate with or that describes their feelings

WELLNESS BACKPACK-

Discussion and Journaling healthy habits that help promote our mental and physical health and well-being

COPING SKILLS-

Work together to make a well thoughtout list of coping skills we can use when we are stressed or overwhelmed

VISION BOARDS-

Let your creativity flourish through a collage of images that best describe you

WELLNESS JEOPARDY-

A fun spin on questions that help promote our wellness

BREAKING STIGMA-

A thoughtful discussion on how you can do your part to break the stigma regarding mental health and wellness

LET'S GET COOKIN'-

A cooking class with Joanne from OSU

COOKIES & CONNECTIONS-

Make your own cookies while making friendships with your peers

DIETSCH'S TRIP!!!!

Friday, April 26th @ 4pm!



It's been quite a while since we took a LOFT Field trip, but that time has come to an end! Join us on Friday, April 26th for a trip to Dietsch's Ice Cream shop! We will leave the LOFT promptly at 4pm. If you have never been on a LOFT field trip, please connect with Stacy to get a van permission slip (this must be signed by a parent/guardian prior to the day of the trip).

APRIL Riddle of the MONTH

Why is April the cleanest month?

The first youth to tell me in person or send a message to our Facebook page will win a new LOFT tie-dye T-Shirt! :)



Good Luck!

