

# MAY 2024

509 Trenton Avenue Findlay, OH



SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> 10a STAR 12p Switch and Paint 2p Inner Child Healing 4p Sand Slime	<b>2</b> 12p Group Game 2p Mental Health Videos 4p Affirmation Journals 6p FACTOR	<b>3</b> 12p Budget Bingo 1p Healthy Cooking 2p Mindful Art	<b>4</b> Open 11a-3p Tarot Readings
<b>5</b> 530p CA*	<b>6</b> 12p Computer Basics 1p Budget Crafts 2p Grievance Journal 4p Mystery BINGO!	<b>7</b> 10a Crochet Corner 12p Cook and Carry 2p Group Game 4p Magic Pond Boxes	<b>8</b> 12p Switch and Paint 2p Abandonment Wounds 4p Self-Praise Jar	<b>9</b> 12p Group Game 1p Lavender Hour 4p Affirmation Journals 6p FACTOR	<b>10</b> 12p Baking 2p Mindful Art 4p Zentangles	<b>11</b> (Decorated with flowers)
<b>12</b> 530p CA*	<b>13</b> 1p Budget Crafts 2p Grievance Journal 4p BINGO!	<b>14</b> 10a Crochet Corner 10a Financial Opportunity Center 12p Cook and Carry 2p Group Game 4p Perler Bead Keychains	<b>15</b> 12p Switch and Paint 2p Personal Growth 4p Oracle Readings	<b>16</b> 12p Group Game 1p STAR 2p Mental Health Videos 4p Affirmation Journals 6p FACTOR	<b>17</b> Closed	<b>18</b> Open 11a-3p Reverse Coloring
<b>19</b> 530p CA*	<b>20</b> 12p Computer Basics 1p Budget Crafts 2p Grievance Journal 4p Mystery BINGO!	<b>21</b> 10a Crochet Corner 12p Cook and Carry 12p Open Arms 2p Group Game 4p Snake Candle Holders	<b>22</b> 12p Switch and Paint 2p Self-Sabotage 4p Awakening Minds Art	<b>23</b> 12p Group Game 2p Mental Health Videos 4p Affirmation Journals 6p FACTOR	<b>24</b> 12p Baking 2p Mindful Art 4p Charcoal Drawing	<b>25</b> (Decorated with flowers)
<b>26</b> 530p CA*	<b>27</b> Open 10a-5p Cookout Grub	<b>28</b> 10a Crochet Corner 10a Financial Opportunity Center 12p Cook and Carry 2p Group Game 4p Mason Jar Aquariums	<b>29</b> Self-Care Day! Food, Massages, Healing, and more!	<b>30</b> 12p Group Game 2p Mental Health Videos 4p Affirmation Journals 6p FACTOR	<b>31</b> 12p Budget Bingo 1p Healthy Cooking 2p Mindful Art	(Decorated with flowers)

# May 1s

## Mental Health Awareness Month

Mental Health Awareness Month started in 1949!

This month is to raise awareness on Mental Health conditions. This years theme is “where to start,” and focuses on helping those people who have yet to start a mental health journey, start one!



## Borderline Personality Awareness

“In the U.S., Borderline Personality Disorder Awareness Month is observed in May as declared by the U.S. House of Representatives. It is dedicated to spreading awareness, encouraging people to not hesitate in getting help, and ending the stigma that surrounds borderline personality disorder. For those who are unaware of the condition, borderline personality disorder is a mental illness that is characterized by difficulty managing self-image, moods, and behavior. People with this condition experience intense phases of depression, anxiety, and anger that can last from some hours to days.”



## Self-Care Day:

Come to a day of self-care at FOCUS! We will have healing sessions, massages, food and more! Come spend a day to relax and unwind!



## Healthy Cooking

Want to learn how to cook healthy recipes for cheap? Come to our Healthy Cooking class on the 17th and 31st to learn how to make healthy budget friendly meals. Class starts at 1p!

Hours:

M-Th: 10a-7p

F: 10a-5p

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

509 Trenton Avenue

Findlay, OH

419-423-5071

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



THE OHIO STATE UNIVERSITY



“I am not trying to escape my darkness. I am learning to love myself there.”

Rune Lazuli