

Open M-F 3-6pm! Summer hours of 12-6pm begin on May 28th!



MAY 2024

NOTES: The LOFT 129 E Crawford Street (4th Floor)
Findlay, OH (567) 250-8530

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 SUPPORT GROUP	2 WELLNESS TRIVIA	3 ORACLE READINGS	4
5	6 WELLNESS BACKPACK	7 POSITIVE AFFIRMATIONS	8 SWITCH & PAINT	9 JUNK JOURNALING	10 VISION BOARDS	11
12	13 COPING SKILLS	14 ICE CREAM SUNDAES	15 SUPPORT GROUP	16 FAMILY RESOURCE CENTER	17 CLOSED	18
19	20 WELLNESS BACKPACK	21 LET'S GET COOKING	22 SWITCH & PAINT	23 JUNK JOURNALING	24 ORACLE READINGS	25
	27 CLOSED	28 MARIO KART TOURNAMNET	29 PIZZA PARTY	30 SUMMER BUCKET LISTS	31 MOVIE MARATHON POPCORN	



May 28th- Summer hours start 12-6pm!



LOFT PROGRAMS

-All programs begin at 4pm daily unless otherwise specified. If you are arriving at the Loft between 4-5pm, please be courteous and respectful of those who may be participating in the program of the day.

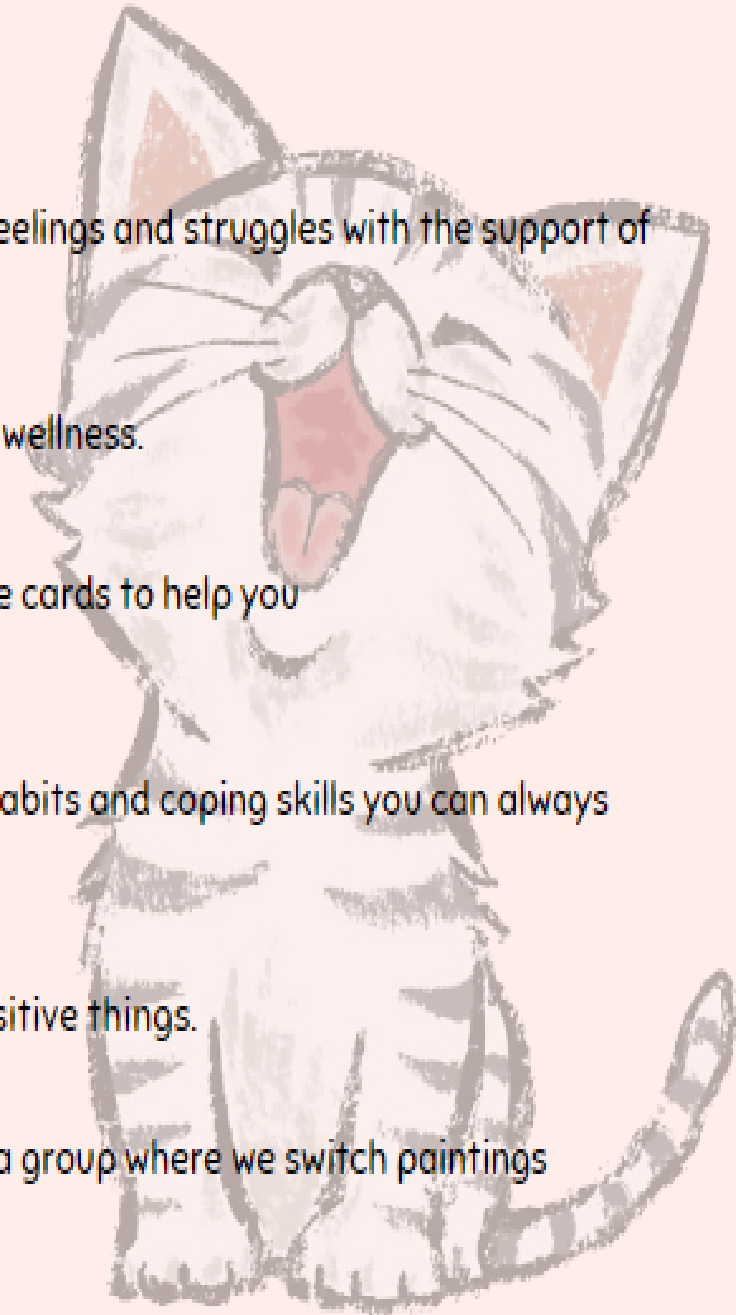


-All programs are designed and incorporated to help you work on your goals and your individual path to wellness. Participation in all programs is not a requirement, however, it is highly encouraged to try to participate in the ones you are comfortable with. If you feel a daily program does not meet your individual needs for that day, please feel free to inform loft staff, so we can possibly find an alternative activity for you.



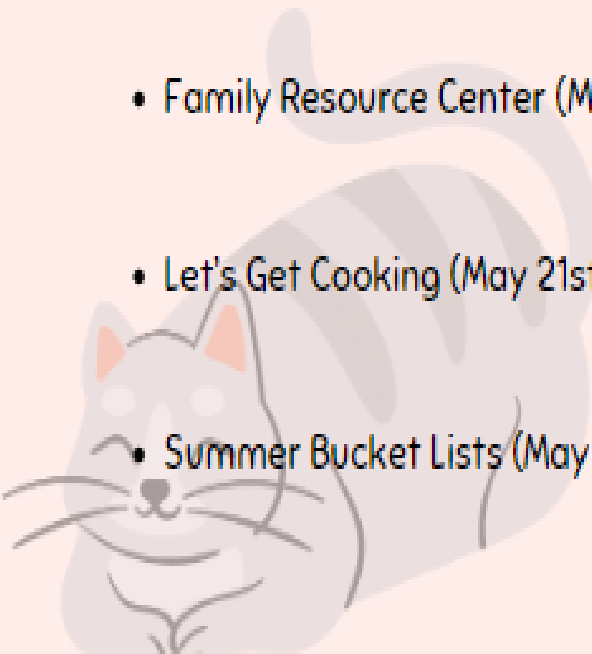
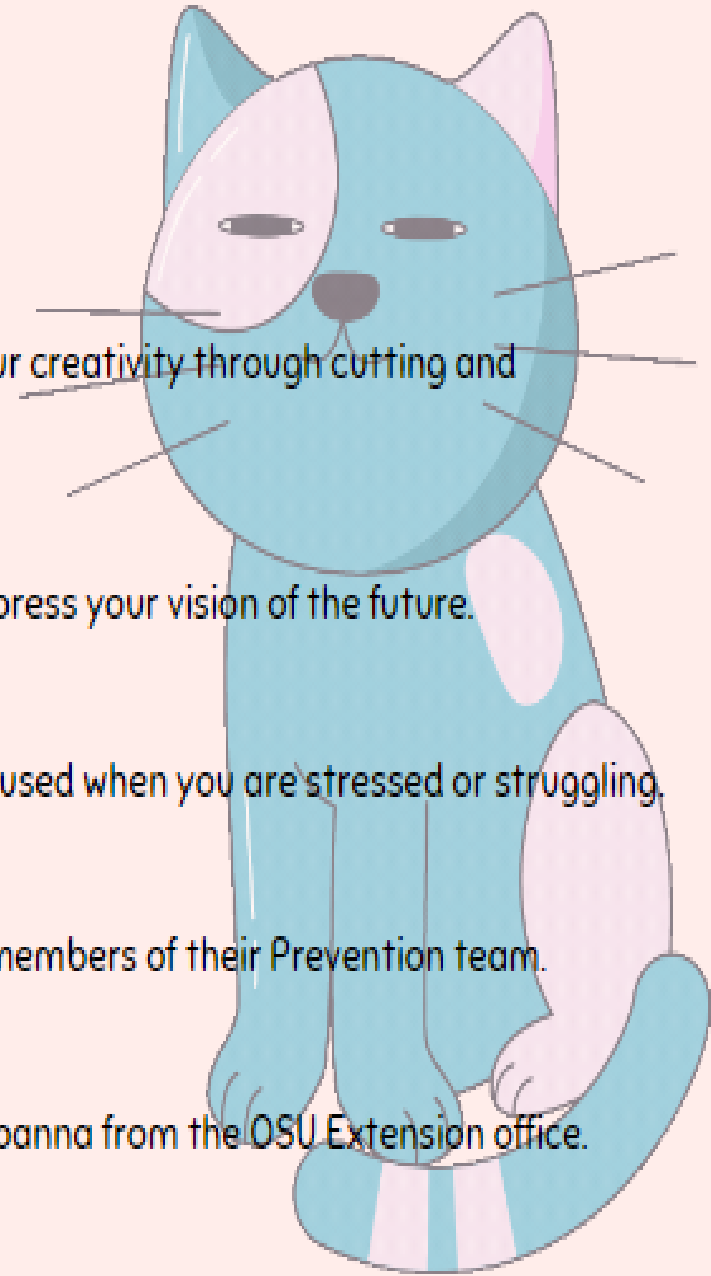
LOFT PROGRAMS (EXPLAINED)

- Support Group (May 1st, 15th)- Wellness groups to help youth express their feelings and struggles with the support of their peers and trusted adults in the space.
- Wellness Trivia (May 2nd)- A fun way to spice up your knowledge of personal wellness.
- Oracle Readings (May 3rd, May 24th)- Come sit with Max and allow the oracle cards to help you self-reflect and gain personal insight.
- Wellness Backpack (May 6th, May 20th)- Discussion and journaling healthy habits and coping skills you can always refer to when you are on your own and feel like you might be struggling.
- Positive Affirmations (May 7th)- Compliment yourself or create a list of positive things.
- Switch & Paint (May 8th, May 22nd)- Get creative and paint a canvas, but in a group where we switch paintings every 5 minutes.



LOFT PROGRAMS (EXPLAINED)

- Junk Journaling (May 9th, May 23rd)- Similar to scrapbooking, express your creativity through cutting and pasting random things in your very own journal.
- Vision Boards (May 10th)- Create a board with words and pictures that express your vision of the future.
- Coping Skills (May 13th)- A discussion on various coping skills that can be used when you are stressed or struggling.
- Family Resource Center (May 16th)- Come and hear various lessons from members of their Prevention team.
- Let's Get Cooking (May 21st)- Come make and eat delicious recipes with Joanna from the OSU Extension office.
- Summer Bucket Lists (May 30th)- Create your own list of things you'd like to do or accomplish for the Summer!



PIZZA PARTY- MAY 29TH @ 2PM!

Help us kick off the Summer with a pizza party! Pizza and pop will be here around 2pm that day. We will have other activities planned as well. See y'all there! :)

