

# NOVEMBER 2024



FOCUS: Recovery and Wellness  
509 Trenton Avenue - All programs are FREE!

SUN	MON	TUE	WED	THU	FRI	SAT
					1 12p Budget Bingo 2p Mindful Art 4p Wordsearch Races 5p Womens Group	2 Open 11a-3p 12p Sand Art
3 530p CA*	4 1p Budget Crafts 2p Zen Journals 4p Bingo!	5 10a Financial Opportunity Center 12p Cook and Carry 2p Group Game 2p Mens Domestic Violence Support Group 4p Smores Craft	6 10a STAR* 12p Safety Plans 2p Sense of Self 4p CBT Journals	7 12p Paint w/ Music 2p Inner Child Workbook 4p Mindfulness Journals 6p FACTOR	8 12p Budget Bingo 1p Healthy Cooking 4p Mindful Art 5p Womens Group	9
10 530p CA*	11 1p Oracle Cards 2p Let it Go Journals 4p Bingo!	12 11:30a Open Arm 12p Cook and Carry 2p Group Game 4p DIY Coasters	13 Animal Conservatory Leaving at 10a	14 12p Paint w/ Music 2p Trauma Informed Workbook 4p Mindfulness Journals 6p FACTOR	15 12p Budget Bingo 2p Mindful Art 4p Wordsearch Races 5p Womens Group	16 Open 11a-3p 12p Group Game
17 530p CA*	18 1p Budget Crafts 2p Grievances + Gratitude's 4p Bingo!	19 10a Financial Opportunity Center 12p Cook and Carry 2p Group Game 2p Mens Domestic Violence Support Group 4p Witch Balls	20 12p Switch and Paint 2p Healing Trauma 4p Ritual Journals	21 12p Paint w/ Music 2p Inner Child Workbook 4p Mindfulness Journals 6p FACTOR	22 12p Budget Bingo 1p Healthy Cooking 4p Mindful Art 5p Womens Group	23
24 530p CA*	25 1p Budget Crafts 2p EPIC Journals 4p Bingo!	26 12p Cook and Carry 2p Group Game 4p Make Up Crafts	27 Thanksgiving Dinner 12p-2p	28 Thanksgiving Open 10-5p Bake a pie	29 Black Friday Open 10a-5p 12p Wellness Toolboxes	30



# Fun at FOCUS:

## Ohio Wildlife Conservatory:

Pack your bags and bring your curiosity as we head to the Ohio Wildlife Conservatory in Powell, OH! We'll kick off our day at 10 a.m., traveling together for a fun-filled experience in nature.

Before diving into all the exciting wildlife, we'll enjoy a unique picnic at a nearby park, complete with fun sandwiches to fuel us up. Then, it's off to explore the conservatory, where we'll encounter native animals, learn about Ohio's wildlife, and soak in the beautiful surroundings. Don't miss out on this incredible day—see you there!



## Thanksgiving Lunch

Come celebrate the season with us at FOCUS! Join us from 12 p.m. to 2 p.m. for a delicious, home-cooked Thanksgiving meal, prepared with love by our FOCUS staff and board. This is a time to come together, enjoy great food, and share in the warmth of our community. Best of all, it's completely free! Bring your appetite, and let's make this Thanksgiving one to remember. We can't wait to see you there!

## Movember: Shining a Light on Men's Mental Health and Suicide Prevention



Every November, men around the world grow out their mustaches for Movember—a global movement focused on raising awareness about men's health, especially mental health and suicide prevention. With men statistically more likely to suffer in silence, Movember aims to break the stigma by encouraging open conversations and support. By growing a mustache, you're not only sporting a bold new look but also sparking important discussions that could save lives. Let's stand together this Movember to bring awareness, show support, and promote mental wellness among men.

Thank you to our local partnerships who partner to make programming at our agency great!



Hours: M-TH 10a-7p

F: 10a-5p

Every first and third Saturday: 11a-3p



THE OHIO STATE UNIVERSITY



open arms  
Domestic Violence & Rape Crisis Services

