

DECEMBER 2024

509 Trenton Avenue

All groups are FREE and open to the public!



SUN	MON	TUE	WED	THU	FRI	SAT
1 530p CA*	2 1p Budget Crafts 2p Let It Go Journals 4p BINGO!	3 12p Cook and Carry 2p Group Game 4p Dinosaur Christmas Craft	4 10a STAR 2p Skills Building 2p Depression Awareness 4p CBT Journals	5 12p Herb Satachals 2p Trauma Informed Work Book 4p Mindfulness Journals 6p FACTOR	6 12p Budget Bingo 1p Healthy Cooking 4p Mindful Art 5p Women's Group	7 12p Coping Skills Open 11a-3p
8 530p CA*	9 1p Oracle Cards 2p Zen Journals 4p BINGO!	10 10a Financial Opportunity Center 12p Cook and Carry 2p Group Game 4p Christmas Mannequin Dolls	11 12p Skills Building 2p Emotional Awareness 4p Ritual Journals	12 12p Aromatherapy 2p Inner Child Workbook 4p Mindfulness Journals 6p FACTOR	13 12p Build a Bear in Toledo	14
15 530p CA*	16 1p Budget Crafts 2p Grievances + Gratitude 4p BINGO!	17 12p Cook and Carry 2p Group Game 4p Dried Orange Garland	18 12p Skills Building 2p Self-Actualization 4p ACT Journals	19 Closed	20 Holiday Party! 12p White Elephant 2p Ugly Sweater Contest 4p Holiday Bingo	21 12p Holiday Movie Open 11a-3p
22 530p CA*	23 1p Budget Crafts 2p EPIC Journals 4p BINGO!	24 12p Christmas Wordsearch Races Open 10a-5p	25 Open 10a-5p	26 12p Aromatherapy 2p Inner Child Workbook 4p Mindfulness Journals 6p FACTOR	27 12p Budget Bingo 2p Mindful Art 4p Wordsearch Races 5p Women's Group	28
29 530p CA*	30 1p Make Up Budget Crafts 2p Let It Go Journals 4p BINGO!	31 12p Mocktails and "Noon Year Ball Drop" Open 10a-5p				

Connect with your Inner Child: Build a Bear

We're going to take a fun trip down memory lane and reconnect with our inner child by visiting Build-A-Bear! This exciting adventure will allow us to create our own personalized stuffed animals and embrace the joy of hands-on creativity. Whether it's picking out an outfit, choosing the perfect scent, or giving our new friend a heart, it's all about tapping into that playful, carefree spirit. We'll be heading out at noon, so be sure to bring your excitement and a smile as we relive some of the best parts of childhood!

Holiday Party!

We're thrilled to announce our Holiday Party for participants, packed with festive fun and holiday cheer! 🎅



🎁 **White Elephant Gift Exchange:** Bring a wrapped gift and get ready for laughter and surprises as we swap and steal presents in this lighthearted tradition.

❄️ **Ugly Sweater Contest:** Wear your most outrageous or creative holiday sweater for a chance to win the title of "Ugliest Sweater Champion!"

🔔 **Holiday Bingo:** Test your luck and enjoy the fun with a festive twist on classic bingo – prizes await the winners! It's a perfect opportunity to celebrate the season, connect with others, and enjoy some holiday magic together. We can't wait to see you there!



Hours: M-TH 10a-7p
F: 10a-5p
Every first and third Saturday: 11a-3p

Seasonal Affective Disorder Awareness Month

December is Seasonal Affective Disorder (SAD) Awareness Month, dedicated to shedding light on this form of depression that affects many people during the shorter, darker days of winter. SAD is often linked to reduced sunlight, which can disrupt circadian rhythms, lower serotonin levels, and affect mood. Symptoms may include fatigue, sadness, irritability, and changes in sleep or appetite.

This awareness month emphasizes the importance of recognizing these symptoms, reducing stigma, and exploring effective treatments like light therapy, physical activity, and professional support. It's a time to support those who struggle and promote resources to help everyone navigate winter with better mental health.

If you're experiencing symptoms of SAD or want to help someone who might be, this month serves as a reminder that understanding and help are available.



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

