

April

FOCUS Recovery and Wellness Community
 509 Trenton Avenue
 Findlay, OH

All groups are FREE of charge and OPEN to the public.

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>12p Cook and Carry 2p Triva with Eric 3p You and Improved 4p Moon Flower Craft</p>	<p>2</p> <p>12p Creative Expressions 2p Feral Self-Care 4p CBT Journals</p>	<p>3</p> <p>12p Herb Satachals 2p Attachment Theory Workbook 4p Nintendo Switch</p>	<p>4</p> <p>12p Budget Bingo 2p Mindful Art 4p Gaming 5p Womens Group</p>	<p>5</p> <p>12p Smart Board Games w/ Liz Open 11-3p</p>
<p>6</p> <p>530p CA</p>	<p>7</p> <p>1p Budget Crafts 2p Mindfulness Journals 4p BINGO!</p>	<p>8</p> <p>10a Financial Opportunity Center 12p Cook and Carry 2p Trivia w/ Eric 3p You and Improved 4p Fairy Tins</p>	<p>9</p> <p>12p Walk in the Park 2p Feral Self-Care 4p Ritual Journals</p>	<p>10</p> <p>12p Aromatherapy 2p Inner Child Workshop 4p Nintendo Switch</p>	<p>11</p> <p>12p Budget Bingo 1p Healthy Cooking 4p Gaming 5p Womens Group</p>	<p>12</p>
<p>13</p> <p>530p CA</p>	<p>14</p> <p>1p Oracle Cards 2p Creative Healing 4p Bingo!</p>	<p>15</p> <p>12p Cook and Carry 2p Triva with Eric 3p You and Improved 4p Crystal Flower Boquets</p>	<p>16</p> <p>12p Walk in the Park 2p Feral Self-Care 4p ACT Journals</p>	<p>17</p> <p>12p Herb Satachals 2p Library Trip! 4p Nintendo Switch</p>	<p>18</p> <p>12p Budget Bingo 2p Mindful Art 4p Gaming 5p Womens Group</p>	<p>19</p> <p>12p Coloring w/ Liz Open 11-3p</p>
<p>20</p> <p>530p CA</p>	<p>21</p> <p>1p Budget Crafts 2p Mindfulness Journals 4p BINGO!</p>	<p>22</p> <p>10a Financial Opportunity Center 12p Cook and Carry 2p Trivia w/ Eric 3p You and Improved 4p Yin Yang Garden</p>	<p>23</p> <p>12p Walk in the Park 2p Feral Self-Care 4p Anxiety Journals</p>	<p>24</p> <p>12p Aromatherapy 2p Inner Child Workshop 4p Nintendo Switch</p>	<p>25</p> <p>12p Budget Bingo 1p Healthy Cooking 4p Gaming 5p Womens Group</p>	<p>26</p>
<p>27</p> <p>530p CA</p>	<p>28</p> <p>1p Make up Budget Crafts 2p Creative Healing 4p Bingo!</p>	<p>29</p> <p>12p Cook and Carry 2p Triva with Eric 3p You and Improved 4p Make Up Crafts</p>	<p>30</p> <p>12p Walk in the Park 2p Feral Self-Care 4p Creative Expressions</p>			

Walk in the Park

This month, we're exploring different parks across Hancock County! Spending time outdoors and walking in nature can do wonders for mental health—helping to reduce stress, improve mood, and boost overall well-being. Whether it's a quiet stroll or an energizing hike, connecting with nature provides a refreshing reset for both the mind and body. Join us as we take in the fresh air, scenic views, and the benefits of movement in nature!



"Positive vibes only isn't a thing. humans have a wide range of emotions and that is OK." - Molly Bahr



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

Library Trip

We're going to the library this month! If you want to sign up for a library card bring your ID with your current address and a piece of mail and we can help you get set up with your own library card. This will be a new monthly trip where you can pick up some books, read them, and return them the next month when we go back! You can also just peruse the library with us for an hour if you would like! Reading is FUNdamental.



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

