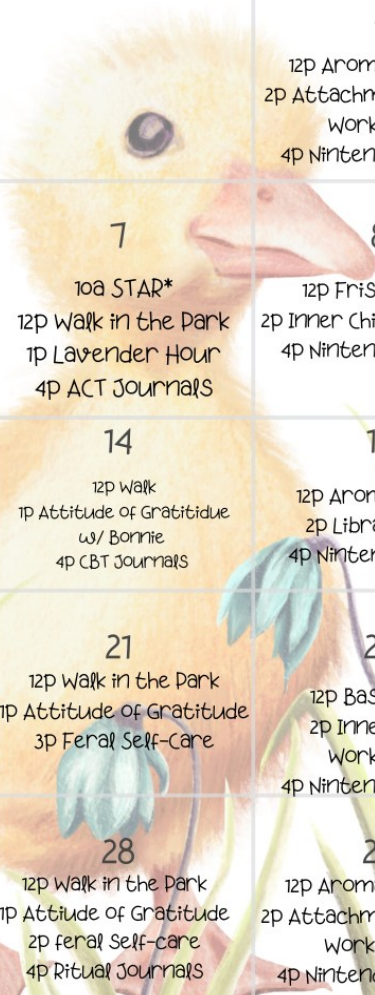


05

MAY

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12p Aromatherapy 2p Attachment Theory Workbook 4p Nintendo Switch	2 12p Budget Bingo 2p Mindful Art 4p Body Positivity 5p Women's Group	3 Wellness Carnival Arcadia Oh CLOSED NO TRANSPORTATION
4 530p CA*	5 1p Budget Crafts 2p Mindfulness Journals 4p BINGO!	6 10p Financial Opportunity Center 12p Cook and Carry 3p You and Improved 4p crystal bouquets		8 12p Frisbee Golf 2p Inner Child Workbook 4p Nintendo Switch	9 12p Budget Bingo 2p Mindful Art 4p Body Positivity 5p Women's Group	10
11 530p CA*	12 1p budget crafts 2p Creative Expressions 4p Bingo!	13 12p Cook and Carry 3p You and Improved 4p Heart Shaped Candles		15 12p Aromatherapy 2p Library Trip! 4p Nintendo Switch	16 12p Budget Bingo 2p Mindful Art 4p Body Positivity 5p Women's Group	17 Open 11a-3p Self-Care Bingo w/ Cass
18 530p CA*	19 1p oracle cards 2p anxiety journals 4p BINGO!	20 10p Financial Opportunity Center 12p Cook and Carry 3p You and Improved 4p Flower Boxes		22 12p Basketball 2p Inner Child Workbook 4p Nintendo Switch	23 12p Budget Bingo 2p Mindful Art 4p Gaming 5p Women's Group	24
25 530p CA*	26 Memorial Day open 10a-5p	27 12p Cook and Carry 3p You and Improved 4p Make up crafts		29 12p Aromatherapy 2p Attachment Theory Workbook 4p Nintendo Switch	30 12p Budget Bingo 2p Mindful Art 4p Gaming 5p Women's Group	31

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!



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.



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

FOCUS is a SAFE space for EVERYONE.

Hours: M-TH 10a-7p

F: 10a-5p

Every first and third Saturday: 11a-3p



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



Habitat for Humanity®
Findlay/Hancock County

