

## Skill Development Focuses:

All events include socialization, working on decreasing social anxiety, decreasing isolation, networking/finding new friends, practicing interpersonal communication, “getting out of the house”, helping to lower psychiatric symptoms, developing confidence, emotional support

**ILS means Independent Living Skills**

\*Presentations of program available upon request

Goodwill Outlet Shopping: Community integration, working on decreasing social anxiety in crowds, exercise, trying something new, learning and practicing social etiquette, developing personal empowerment, gross motor skills(ILS), expanding comfort zone, learning to have fun, reinforcing friendship bonds

Responsible Renters: Housing goals, concentration, money management, debt management, tenant’s rights and responsibilities, developing personal empowerment, mindfulness, patience development, critical thinking skills, developing concentration

Bowling: Community integration, exercise, decreasing anxiety in crowds, hobby development, learning and practicing social etiquette, developing personal empowerment, finding shared interests, math skills, developing patience, gross motor skills(ILS), expanding comfort zone, learning to have fun

Yarn and Thread Group: Hobby development(ILS), finding shared interests, practicing leadership, learning skill development(ILS), developing personal empowerment, fine motor skills, developing patience, critical thinking skills, stress management, bilateral coordination, time management, trying something new, expanding comfort zone, learning to have fun, developing concentration

Civic Theater Play: appreciation of the arts, developing patience, learning and practicing social etiquette, working on decreasing social anxiety, conversation builders and starters

Crafts: Hobby development (ILS), math skills, developing patience, fine motor skills, stress management, creative thinking, language development, bilateral coordination, personal expression, critical thinking, time management, trying something new, expanding comfort zone, reinforcing friendship bonds, developing concentration

Bingo: Practicing leadership, public speaking, nutrition, learning and practicing social etiquette, concentration, manners, developing patience, math skills, time management, expanding comfort zone, learning to have fun, reinforcing friendship bonds

Calendar and Volunteering Planning Day: Community integration, conflict resolution skills, critical thinking skills, practicing leadership, practicing decision making, working in small groups, networking with local organizations, learning/researching, mindfulness, money management, developing personal empowerment, volunteer exploration, time management, expanding comfort zone, reinforcing friendship bonds, developing concentration, developing patience (also inputting on how groups are going, improvements, group ideas and why groups are not put on the calendar)

Cooking Group: Hobby development(ILS), culinary skills, critical thinking skills, developing patience finding shared interests, practicing leadership, cultural exploration, learning/researching, concentration, learning skill development(ILS), developing personal empowerment, fine motor skills(ILS), manners, math skills, time management, trying something new, expanding comfort zone, learning to have fun, multitasking skill, reinforcing friendship bonds, developing concentration

Games at Merlyn’s: Community integration, hobby development(ILS), finding shared interests, conflict resolution skills, practicing decision making, learning and practicing social etiquette, cultural exploration, learning/researching, mindfulness, learning skill development(ILS), developing personal empowerment, fine motor skills, developing patience, math skills, critical thinking skills, stress management, trying something new, expanding comfort zone, learning to have fun, reinforcing friendship bonds, developing concentration

Movie Theaters: Community integration, finding shared interests, conversation builders and starters, learning and practicing social etiquette, working on decreasing social anxiety, developing patience, expanding comfort zone, learning to have fun

Painting Group: Hobby development(ILS), fine motor skills(ILS), cultural exploration, mindfulness, practicing leadership, learning skill development(ILS), developing personal empowerment, fine motor skills, developing patience, critical thinking skills, stress management, bilateral coordination, time management, trying something new, expanding comfort zone, learning to have fun, developing concentration

Film Making: Hobby development, finding shared interests, conversation builders and starters, working in small groups, writing skills, developing patience, critical thinking skills, expanding comfort zone, learning to have fun, reinforcing friendship bonds, developing concentration

Fish Hatchery Tour: education, active listening, social awareness, interpersonal communication, exploring new community environments, patience development and manners.

Morning Coffee: Community integration, learning and practicing social etiquette, exploring new community environments, developing personal empowerment, money management, manners, trying something new, expanding comfort zone, learning to have fun, reinforcing friendship bonds

Afternoon Coffee: Community integration, Hobby development(ILS), learning and practicing social etiquette, working on decreasing social anxiety, exercise, exploring new community environments, developing personal empowerment, money management, manners, gross motor skills(ILS), expanding comfort zone, learning to have fun, getting outside, reinforcing friendship bonds