

May 2024

Daily Services:

Daily from 9a-4p (Wed. 12-7p and Sat. 10a-1p) <ul style="list-style-type: none">• 1:1 Recovery coaching• Substance use counseling by appointment• Employment and Education support Computer Center• Housing resource counseling	<ul style="list-style-type: none">• Job Readiness room for interviews/quiet study• Sensory room – supporting mindfulness and mental health• Emergency supplies	Daily 9a-5p (Wed. 12-7p and Sat. 10a-1p) <ul style="list-style-type: none">• Nutrition support, education, and resource counseling• Food pantry• Housing Supply closet• Open engagement opportunities with staff
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What's new at Compass?

Brush Hour: Explore your creativity by joining us in listening to relaxing music while painting with watercolors!

Clay Play: Try your hand at using modeling clay to create objects based on a prompt!

Fun with Food: Join this exciting group where you'll make fun treats! This month- "dirt" cups!

Motivation ROCKS: Come and paint motivational or inspirational messages on rocks to put outside of the Compass to empower others!

STEP into your goals: Want to discover your goals all while getting some movement in? Come and discuss your aspirations and get some steps in in this goal-based walking group!

What goes 1st: What does go first? This group will allow you to learn to prioritize your life in general, as well as make agendas for yourself!

Book Club: Love to read? Not sure about reading but want to try it? Come on down to book club- a quiet space for an hour for people to read and discuss their favorite books, authors, genres and more!

Breaking Bread with the Directors: Want to get to know Ben and Megan more? They'd love to get to know you better too! Come and join them for lunch to talk about life, share fun facts and any feedback you have!

Grow Getters: Enjoy decorating small pots and planting succulent plants in them! Feel free to take with you or leave it at Compass for display!

MON**TUES****WED****THURS****FRI****SAT**

		1	2	3	4
		1p: Brush Hour 3p: Peer Support 6p: Open Art	10a: Pictionary 2p: Recovery 3p: What Goes 1 st ?	10a-12p: WORKS 1p: STEP into Goals 3p: Brush Hour	10a: Refuge Recovery 11a: Toastmasters Info Session
6	7	8	9	10	11
930a: Brush Hour 12p: Resume workshop 2p: Recovery	10a: Clay Play 12p: Book Club 2p: Fun with Food!	1p: STEP into Goals 3p: Peer Support 6p: Pictionary	10a: Motivation ROCKS 1p: Mental Health Drop in 2p: Recovery	10a-12p: WORKS 12p: PIZZA! PIZZA! 3p: Brush Hour	10a: Refuge Recovery 11a: Food Activity
13	14	15	16	17	18
930a: Coping Skills 1p: Mental Health Drop In 2p: Recovery	10a: Clay Play 12p: Book Club 2p: Motivation ROCKS	1p: GROW Getters 3p: Peer Support 6p: Open Art	11a: Kitchen Basics 2p: Recovery 3p: Pictionary	10a-12p: WORKS 12p: Breaking bread with the Directors 3p: GROW Getters	10a: Refuge Recovery 11a: Plug in sensory activity
20	21	22	23	24	25
930a: Board Games 12p: Resume workshop 2p: Recovery	10a: Clay Play 12p: Book Club 2p: Fun with Food!	1p: STEP into Goals 3p: Peer Support 6p: Pictionary	10a: Motivation ROCKS 2p: Recovery 3p: What Goes 1 st ?	10a-12p: WORKS 12p: PIZZA! PIZZA! 3p: Brush Hour	10a: Refuge Recovery 11a: Free art workshop
27	28	29	30	31	
CLOSED	10a: Clay Play 12p: Book Club 2p: Motivation ROCKS	1p: GROW Getters 3p: Peer Support 6p: Open Art	10a: Pictionary 2p: Recovery 3p: STEP into Goals	10a-12p: WORKS 1p: What Goes 1 st ? 3p: Brush Hour	

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