

# October 2024

## Daily Services:

<b>Daily from 9a-4p</b> <i>(Wed. 11a-4p)</i> <ul style="list-style-type: none"><li>• 1:1 Recovery coaching</li><li>• Substance use counseling by appointment</li><li>• Employment and Education support Computer Center</li><li>• Housing resource counseling</li></ul>	<ul style="list-style-type: none"><li>• Job Readiness room for interviews/quiet study</li><li>• Sensory room – supporting mindfulness and mental health</li><li>• Emergency supplies</li></ul>	<b>Daily 9a-430p</b> <i>(Wed. 11a-430p)</i> <ul style="list-style-type: none"><li>• Nutrition support, education, and resource counseling</li><li>• Food pantry</li><li>• Housing Supply closet</li><li>• Open engagement opportunities with staff</li></ul>
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**Brush Hour:** Explore your creativity by joining us in listening to relaxing music while painting with watercolors!

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

**Gallery Art:** Come and create art to add to the Compass community space!

**Book Club:** Love to read? Not sure about reading but want to try it? Come 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!

**Recovery:** Come and join the discussion on recovery in a safe environment with others!

**Peer group:** Join your peers in a group to share feelings and experiences- you never know what you might have in common

**Fall Crafts:** Enjoy the fall season by joining in on different fall crafts such as yarn pumpkins, Q-Tip fall painting and guided pumpkin painting!

**Recovery Reading:** Join in a group that reads a recovery-based reading and discussed its meaning.

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

	1	2	3	4
	<b>10a:</b> Brush Hour  <b>2p:</b> Goals	<b>1p:</b> Book Club  <b>3p:</b> Peer Group	<b>10a:</b> Fall Craft: Guided Pumpkin Painting  <b>2p:</b> Pictionary	<b>10a-12p:</b> WORKS  <b>2p:</b> Gallery Art Workshop
7	8	9	10	11
<b>10a:</b> Fall Craft: Yarn pumpkins  <b>2p:</b> Recovery	<b>10a:</b> Book Club  <b>2p:</b> Coping Skills	<b>1p:</b> Pictionary  <b>3p:</b> Peer Group	<b>10a:</b> LGBTQIA+ Drop In  <b>2p:</b> Fun with Food!	<b>10a-12p:</b> WORKS  <b>2p:</b> Fall Craft: Fall Q-tip Painting
14	15	16	17	18
<b><i>CLOSED</i></b>	<b>10a:</b> Fall Craft: Fall Q-tip Painting  <b>2p:</b> Recovery Reading	<b>1p:</b> Book Club  <b>3p:</b> Peer Group	<b>10a:</b> Pictionary  <b>2p:</b> Recovery Reading	<b>10a-12p:</b> WORKS  <b>2p:</b> Gallery Art Workshop
21	22	23	24	25
<b>10a:</b> Fall Craft: Guided Pumpkin Painting  <b>2p:</b> Recovery	<b>10a:</b> Book Club  <b>2p:</b> Brush Hour	<b>*Opening late at 12p*</b>  <b>1p:</b> Gallery Art Workshop  <b>3p:</b> Peer Group	<b>10a:</b> Pictionary  <b>2p:</b> Fall Craft: Yarn Pumpkins	<b>10a:</b> Goals  <b>2p:</b> Recovery Reading
28	29	30	31	
<b>10a:</b> Fall Craft: Yarn Pumpkins  <b>2p:</b> Recovery	<b>10a:</b> Pictionary  <b>2p:</b> Mental Health Check In	<b>*Opening late at 12p*</b>  <b>1p:</b> Book Club  <b>3p:</b> Peer Group	<b>10a:</b> LGBTQIA+ Drop In  <b>2p:</b> Recovery Reading	

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