

Daily Services:

<p>Daily from 9a-4p <i>(Wed. 11a-4p)</i></p> <ul style="list-style-type: none">• 1:1 Recovery coaching• Substance use counseling by appointment• Employment and Education support Computer Center• Housing resource counseling	<p>Daily 9a-430p <i>(Wed. 11a-430p)</i></p> <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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This month's groups-

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!

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!

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

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

Paper Wreath Making: Want to help decorate Compass for the winter season? Join this craft group, where we will make paper wreaths to hang around the building!

WORKS: Workforce Opportunities Rewarding Knowledge and Success is a 4-week program designed to prepare for employment and skill development for employment.

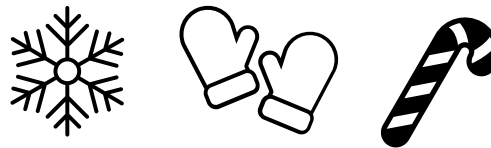
Coping Skills: This Coping Skills Group is a place where people can learn how to manage their emotions and learn new coping skills to deal with life's challenges. People will also work on the ability to communicate your needs and wants.

Peer Group: This group is peer-led and allows members to support one another while discussing shared challenges.

Pictionary: This group is a fun and supportive place where people can play Pictionary and get to know each other. Pictionary is a game where people draw pictures to represent words or phrases. During the group, people will play Pictionary together. They will also talk about different topics, such as their interests, hobbies, and goals.

Mindfulness: Learn how to manage emotions, deal with distress, and communicate better with others. Mindfulness is the ability to pay attention to the present moment without judgment.

Hot Coco Café: Join us and come warm up with the hot coco café!



December 2024

MON	TUES	WED	THURS	FRI
2	3	4	5	6
10a: Book Club 2p: Recovery	10a: Recovery Reading 2p: Paper Wreath Making	1p: Brush Hour 3p: Peer Group	10a: Gallery Art Workshop 2p: Pictionary	10a-12p: WORKS 2p: Recovery Reading
9	10	11	12	13
10a: Pictionary 2p: Recovery	10a: Recovery Reading 2p: Coping Skills	1p: Mindfulness 3p: Peer Group	10a: Brush Hour 2p: Pictionary	12p: WORKS 2p: Pizza Party!
16	17	18	19	20
10a: Book Club 2p: Recovery	10a: Paper Wreath Making 2p: Recovery Reading	1p: Book Club 3p: Peer Group	10a: Mindfulness 2p: Recovery Reading	10a-12p: WORKS 2p: Hot Coco Café
23	24	25	26	27
10a: Paper Wreath Making 2p: Recovery	10a: Book Club 2p: Pictionary	CLOSED	10a: LGBTQIA+ Drop In 2p: Fun with Food!	10a-12p: WORKS 2p: Recovery Reading
30	31			
10a: Book Club 2p: Recovery	10a: Brush Hour 2p: Mindfulness			