

Daily Services:

Daily from 9a-4p <i>(Wed. 11a-4p)</i> <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-430p <i>(Wed. 11a-430p)</i> <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-

HOST Member Meeting: Join Compass leadership to give feedback and discuss how things have been going around Compass!

Fun with Food: Join this exciting group where you'll make fun treats!

Free Art: Come and create art to add to the Compass community space using your preferred form of art! From coloring, to painting to clay, it's open for interpretation!

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!

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

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.

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

Resume Drop in Support: Need some extra support on your resume? Join this drop in group to get feedback and tips!

***Opportuneity Songwriter's circle:** Join instructor Paul in a group aimed at unlocking your creativity though music and songwriting! This group is a continuous group and will last several weeks. Please try to join in the earlier classes and do your best to come each week!



February 2025



MON	TUES	WED	THURS	FRI
3	4	5	6	7
10a: Opportunity Song Writing Circle* 2p: Recovery	10a: Free Art 2p: Pictionary	1p: Peer Group 3p: Hot Coco Cafe	10a: Book Club 2p: Recovery Reading	11a: Resume Drop in Support 3p: Pictionary
10	11	12	13	14
10a: Opportunity Song Writing Circle* 2p: Recovery	10a: Free Art 2p: HOST member meeting	1p: Peer Group 3p: Recovery Reading	10a: Book Club 2p: Pictionary	10a-12p: WORKS 2p: Pizza Party!
17	18	19	20	21
CLOSED	10a: Free Art 2p: Pictionary	1p: Peer Group 3p: Hot Coco Cafe	10a: Book Club 2p: Recovery Reading	10a-12p: WORKS 2p: Pictionary
24	25	26	27	28
10a: Opportunity Song Writing Circle* 2p: Recovery	10a: Free Art 2p: Pictionary	1p: Peer Group 3p: Recovery Reading	10a: Book Club 2p: Fun with Food!	10a-12p: WORKS 2p: Recovery Reading