

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! 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!

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

Gratitude Leaves: Join a group talking about gratitude while building peer relationships and supports!

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

Fall Crafts: Come and join a group that explores fall themed crafts! Enjoy exploring your creativity at Compass!

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

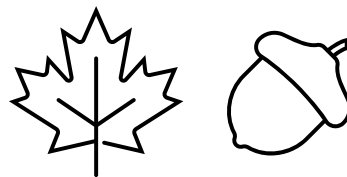
Coping Skills: This Coping Skills Group is a place where people can learn how to manage their emotions and learn new coping skills to deal with life's challenges. People will also work on the ability to communicate your needs and wants.

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.

LGBTQIA+ Drop-in Session: Join staff to brainstorm how Compass can better support members of the LGBTQIA+ community!

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.



November 2024

MON	TUES	WED	THURS	FRI
				1
				10a-12p: WORKS 2p: Fall Craft
4	5	6	7	8
10a: Book Club 2p: Recovery	10a: Recovery Reading 2p: Coping Skills	1p: Gratitude Leaves 3p: Peer Group	10a: Gallery Art Workshop 2p: Pictionary	12p: Pizza Party! 2p: Fall Crafts
11	12	13	14	15
10a: Pictionary 2p: Recovery	10a: Fall Crafts 2p: Recovery Reading	1p: Book Club 3p: Peer Group	10a: Gratitude Leaves 2p: Recovery Reading	10a-12p: WORKS 2p: Fall crafts
18	19	20	21	22
10a: Gratitude Leaves 2p: Recovery	10a: Book Club 2p: Coping Skills	CLOSED	10a: LGBTQIA+ Drop In 2p: Fun with Food!	10a-12p: WORKS 2p: Recovery Reading
25	26	27	28	29
10a: Pictionary 2p: Recovery	10a: Gratitude Leaves 2p: Mindfulness	1p: Book Club 3p: Peer Group	CLOSED	CLOSED

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