

Community Group

Participants do a mind, heart, body and soul check-in, and share goals for the day with their community

Experiential

Participants focus on learning through doing, and expand their knowledge on a variety of subjects such as gardening, music and games that support communication and team building.

Wrap Up

The community reflects on the day, identifying both positive experiences and moments of struggle. Feedback and support can be given from peers.

Service

Service is beneficial to our mental health, emotional well-being, and our self-esteem. Service projects in the local community are identified for participants.

Executive Functioning

Participants build awareness around executive functioning skills while learning how to strengthen these skills through real-world exposure.

WEEKLY EXPERIENTIAL GROUPS

Library

Participants can explore and expand their reading interests by checking out materials at our local library that we can walk to.

Yoga

All levels & ranges are accommodated 3 times a week. A focus is chosen for each session to mindfully work with each individual's specific needs.

Positive Psychology

With a focus on building confidence and resilience, participants work to find gratitude, compassion, and inspiration.

Gym Group

Physical and mental health is enhanced by regular exercise. Participants utilize a local gym for individual or class workouts.

Recreational Group

Participants enjoy a variety of recreational activities out in the community. We can learn about our residents through their experiences in the world.