

SEPTEMBER 2023

VPI COMMUNITY OUTREACH CENTER YOUTH + YOUNG ADULT PROGRAM (AGES 14-24)

MON 12:30 pm to 5:30 pm	TUE 3 pm to 8 pm	WED 12:30 pm to 5:30 pm	THU 3 pm to 8 pm	FRI 12:30 pm to 5:30 pm	SAT 11 am to 4 pm
<p>Available Daily: One on one coaching with Outreach Y/YA Specialists and Coordinator, Craft Supplies and Projects, Mindful Coloring, Computers with Internet Access, Help Wanted (Community Service at ORC to keep up center), Board and Card Games, Group Activities, Outings, and Referrals to community resources, agencies, services.</p> <p>Please note that the Outreach Center will be open Before/After scheduled outings as time permits. The center is closed when program is in the community.</p>				<p>1 1:30pm: Skills to Pay the Bills (V) 4:00pm: Gardening Club</p>	<p>2 CLOSED</p>
<p>4 ORC CLOSED IN OBSERVATION OF LABOR DAY</p>	<p>5 4:00pm: Art Group 6:00pm: Group Meal (Pizza Grilled Cheese)</p>	<p>6 1:30pm: Yoga 4:00pm: Gay/Straight Alliance</p>	<p>7 <u>Outing</u> Gordan Bubolz Nature Preserve (3:30pm-6:30pm) Sign Up in Advance Leave ORC at 3:30pm</p>	<p>8 1:30pm: Skills to Pay the Bills (V) 4:00pm: Life Skills</p>	<p>9 CLOSED</p>
<p>11 1:30pm: Mental Health Group (V) 4:00pm: Music Group</p>	<p>12 <u>Outing</u> Green Bay Botanical Gardens (3:30pm-7:00pm) Sign Up in Advance Leave ORC at 3:30pm</p>	<p>13 1:30pm: Wii Sports 4:00pm: Diversity and History (V)</p>	<p>14 <u>Outing</u> YMCA (4:00pm-6:00pm) Sign Up in Advance Leave ORC at 4:00pm Walking To and From</p>	<p>15 1:30pm: Skills to Pay the Bills (V) 4:00pm: Gardening Club</p>	<p>16 CLOSED</p>
<p>18 1:30pm: Mental Health Group (V) 4:00pm: Health and Wellness Group</p>	<p>19 4:00pm: Art Group 6:00pm: Group Meal (Broccoli Cheddar Soup)</p>	<p>20 1:30pm: Yoga 4:00pm: Gay/Straight Alliance</p>	<p>21 4:00pm: Social/Recreational Group 6:00pm: Self-Care Group</p>	<p>22 <u>Outing</u> Heritage Hill State Historical Park (12:45pm-4:30pm) Sign Up in Advance Leave ORC at 12:45pm</p>	<p>23 OPEN 11:00AM-4:00PM</p>
<p>25 1:30pm: Mental Health Group (V) 4:00pm: Music Group</p>	<p>26 4:00pm: Art Group 6:00pm: Group Meal (Pasta Night)</p>	<p>27 <u>Outing</u> Badger Sports Park (12:45pm-3:15pm) Sign Up in Advance Leave ORC at 12:45pm</p>	<p>28 4:00pm: Social/Recreational Group 6:00pm: Self-Care Group</p>	<p>29 1:30pm: Skills to Pay the Bills (V) 4:00pm: Gardening Club</p>	<p>30 CLOSED</p>

(V) = Virtual Group option associated with the activity. Secure link for group would be e-mailed to interested members. Call the ORC to receive the link.

322 N. Appleton St. Appleton, WI 54911 | (920) 749-5867 | orc@vpind.com | www.vpiwi.org



SEPTEMBER 2023

VPI COMMUNITY OUTREACH CENTER YOUTH + YOUNG ADULT PROGRAM (AGES 14-24)

Activity Descriptions:

Art Group: Members will be guided in an artistic activity and have the opportunity to use different art mediums.

Badger Sports Park: Being social in the community outing. Members will participate in mini-golf, laser tag, go karting, and batting cages.

Diversity and History: Exploring diversity and history through lessons about different topics and culture.

Gardening Club: Member's will work together to get seeds ready for the ORC garden that will be grown through spring and summer.

Gay/Straight Alliance: Promote awareness and harmony between all sexual orientations through education, discussion, and group support.

Gordon Bubolz Nature Preserve: Learning from the community/being active in the community outing. Members will learn about nature while walking the various trails at the preserve.

Green Bay Botanical Gardens: Learning from the community outing. Members will explore and learn about the different vegetation at the garden.

Group Meal: All members are welcome to join group meal, a movie will be shown during this activity.

Health and Wellness: Members will participate in activities that promote mental health and physical health.

Heritage Hill State Historical Park: Learning from the community outing. Members will learn the history of the historical park.

Life Skills: Members will learn many necessary skills enabling them to live more independent and confident lives.

Mental Health Group: Focus on topics related to mental health to promote awareness and mental wellness.

Music Group: Peer lead group for music lovers. Members will be able to learn, play various musical instruments, and enjoy tunes played by other members.

Self-Care Group: Members will be guided through the meaning of self-care and different activities will be shown to promote one's self-care.

Skills to Pay the Bills: Education and practice of soft skills for employment focusing on communication, enthusiasm & attitude, teamwork, networking, problem solving & critical thinking, and professionalism.

Social/Recreational Group: Members will explore different activities for potential hobbies and the connection between social activities and improved mental health.

Wii Sports: Members will be active during gaming activities using the Wii system. Different sports will be explored during each group.

YMCA: Being active in the community outing. Members will participate in physical activities at the Appleton YMCA. The group will be walking to and from.

Yoga: Focus on physical and mental wellbeing through guided breath work and yoga techniques.

(V) = Virtual Group option associated with the activity. Secure link for group would be e-mailed to interested members. Call the ORC to receive the link.

322 N. Appleton St. Appleton, WI 54911 | (920) 749-5867 | orc@vpind.com | www.vpiwi.org

