

NOVEMBER 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</p> <p>1:30pm: Yoga</p> <p>4:00pm: Gay/Straight Alliance</p>	<p>2</p> <p>Outing YMCA (4:00pm-5:30pm) Sign Up in Advance Leave ORC at 4:00pm Walking To and From</p>	<p>3</p> <p>1:30pm: Relationship Group (V)</p> <p>4:00pm: Skills to Pay the Bills (V)</p>	<p>4</p> <p>CLOSED</p>
<p>6</p> <p>1:30pm: Mental Health Group (V)</p> <p>4:00pm: Music Group</p>	<p>7</p> <p>Outing Volunteer at The Pawfee Shop (4:30pm-6:00pm) Sign Up in Advance Leave ORC at 4:30pm</p>	<p>8</p> <p>1:30pm: Wii Sports</p> <p>4:00pm: Diversity and History (V)</p>	<p>9</p> <p>4:00pm: Social/Recreational Group</p> <p>6:00pm: Self-Care Group</p>	<p>10</p> <p>1:30pm: Relationship Group (V)</p> <p>4:00pm: Life Skills (V)</p>	<p>11</p> <p>CLOSED</p>
<p>13</p> <p>1:30pm: Mental Health Group (V)</p> <p>4:00pm: Health and Wellness Group</p>	<p>14</p> <p>4:00pm: Art Group</p> <p>6:00pm: Group Meal (Grilled Mozzarella Sandwiches)</p>	<p>15</p> <p>1:30pm: Yoga</p> <p>4:00pm: Gay/Straight Alliance</p>	<p>16</p> <p>Outing Barlow Planetarium Laser Show (3:40pm-5:45pm) Sign Up in Advance Leave ORC at 3:40pm</p>	<p>17</p> <p>1:30pm: Relationship Group (V)</p> <p>4:00pm: Skills to Pay the Bills (V)</p>	<p>18</p> <p>OPEN 11:00AM-4:00PM</p>
<p>20</p> <p>1:30pm: Mental Health Group (V)</p> <p>4:00pm: Music Group</p>	<p>21</p> <p>Outing The Fire Pottery (4:00pm-5:30pm) Sign Up in Advance Leave ORC at 4:00pm Walking To and From</p>	<p>22</p> <p>1:30pm: Wii Sports</p> <p>4:00pm: Diversity and History (V)</p>	<p>23</p> <p>CLOSED IN OBSERVATION OF THANKSGIVING</p>	<p>24</p> <p>CLOSED IN OBSERVATION OF THANKSGIVING</p>	<p>25</p> <p>CLOSED</p>
<p>27</p> <p>1:30pm: Mental Health Group (V)</p> <p>4:00pm: Health and Wellness Group</p>	<p>28</p> <p>4:00pm: Art Group</p> <p>6:00pm: Group Meal (Tacos)</p>	<p>29</p> <p>1:30pm: Yoga</p> <p>4:00pm: Gay/Straight Alliance</p>	<p>30</p> <p>4:00pm: Social/Recreational Group</p> <p>6:00pm: Self-Care Group</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



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Activity Descriptions:

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

Barlow Planetarium Laser Show: Learning from the community outing. Members will learn information on the solar system in this laser show event.

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

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

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.

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.

Relationship Group- Members will explore relationships from friendships to significant others. Members will be encouraged to share topics to be discussed and participate in open discussions.

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.

The Fire Pottery: Being social in the community outing. Members will create works of art.

Volunteer at The Pawffee Shop: Giving back to the community outing. Members will assist with different tasks as given.

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.

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