

FEBRUARY 2024

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.</p> <p>Weather Reminder: The Outreach Center will be closed if the Appleton School District is closed for the day due to weather.</p>			<p>1</p> <p>4:00pm: Social/Recreational Group</p> <p>6:00pm: Self-Care Group</p>	<p>2</p> <p>1:30pm: Relationship Group (V)</p> <p>4:00pm: Life Skills (V)</p>	<p>3</p> <p>CLOSED</p>
<p>5</p> <p>1:30pm: Mental Health Group (V)</p> <p>4:00pm: Health and Wellness Group</p>	<p>6</p> <p>4:00pm: Art Group</p> <p>6:00pm: Group Meal (Baked Ziti Pasta)</p>	<p>7</p> <p>1:30pm: Yoga</p> <p>4:00pm: Gay/Straight Alliance</p>	<p>8</p> <p>4:00pm: Social/Recreational Group</p> <p>6:00pm: Self-Care Group</p>	<p>9</p> <p><u>Outing</u> Copper Rock Coffee (2:00pm-3:30pm) Sign Up in Advance Leave ORC at 2:00pm Walking To and From</p>	<p>10</p> <p>CLOSED</p>
<p>12</p> <p>1:30pm: Mental Health Group (V)</p> <p>4:00pm: Music Group</p>	<p>13</p> <p>4:00pm: Art Group</p> <p>6:00pm: Group Meal (Tacos)</p>	<p>14</p> <p><u>Outing</u> Oshkosh Public Museum (1:30pm-3:30pm) Sign Up in Advance Leave ORC at 1:30pm</p>	<p>15</p> <p>4:00pm: Social/Recreational Group</p> <p>6:00pm: Self-Care Group</p>	<p>16</p> <p>1:30pm: Relationship Group (V)</p> <p>4:00pm: Movie at ORC</p>	<p>17</p> <p>OPEN 11:00AM-4:00PM</p>
<p>19</p> <p>1:30pm: Mental Health Group (V)</p> <p>4:00pm: Health and Wellness Group</p>	<p>20</p> <p><u>Outing</u> Urban Air Trampoline Park (4:00pm-6:30pm) Sign Up in Advance Leave ORC at 4:00pm</p>	<p>21</p> <p>1:30pm: Yoga</p> <p>4:00pm: Gay/Straight Alliance</p>	<p>22</p> <p>4:00pm: Social/Recreational Group</p> <p>6:00pm: Self-Care Group</p>	<p>23</p> <p>1:30pm: Relationship Group (V)</p> <p>4:00pm: Skills to Pay the Bills (V)</p>	<p>24</p> <p>CLOSED</p>
<p>26</p> <p>1:30pm: Mental Health Group (V)</p> <p>4:00pm: Music Group</p>	<p>27</p> <p>4:00pm: Art Group</p> <p>6:00pm: Group Meal (Homemade Pizza)</p>	<p>28</p> <p>1:30pm: Wii Sports</p> <p>4:00pm: Diversity and History (V)</p>	<p>29</p> <p><u>Outing</u> YMCA (4:00pm-5:30pm) Sign Up in Advance Leave ORC at 4:00pm Walking To and From</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



Community Outreach Center



United Way Fox Cities



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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.

Copper Rock Coffee: Being social in the community outing. Members will socialize in public setting while enjoying a drink and snack on the ORC. Please bring money for extras.

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.

Movie at ORC: Member's will vote on movie choices for viewing at the center. Snack will be available for members during this activity.

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.

Oshkosh Public Museum: Learning from the community outing. Members will tour current exhibits at the museum.

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.

Urban Air Trampoline Park: Being active in the community outing. Members will engage in various activities at indoor adventure park.

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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United Way
Fox Cities

J. J. Keller
Foundation, Inc.

