

APRIL 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
1 1:30pm: Mental Health Group (V) 4:00pm: Health and Wellness Group	2 4:00pm: Art Group 6:00pm: Group Meal (Chicken Alferdo and Broccoli)	3 1:30pm: Yoga 4:00pm: Gay/Straight Alliance	4 4:00pm: Jeopardy Lab 6:00pm: Self-Care Group	5 1:30pm: Walking Club 4:00pm: Relationship Group (V)	6 CLOSED
8 1:30pm: Mental Health Group (V) 4:00pm: Music Group	9 4:00pm: Art Group 6:00pm: Group Meal (Ham and Cheese Sliders)	10 <u>Outing</u> Acoca Coffee (1:30pm-3:00pm) Leave ORC at 1:30pm Walking To and From <u>Sign Up in Advance</u>	11 4:00pm: Social/Recreational Group 6:00pm: Calendar Planning Committee (V)	12 1:30pm: Relationship Group (V) 4:00pm: Life Skills (V)	13 OPEN 11:00AM-4:00PM
15 1:30pm: Mental Health Group (V) 4:00pm: Health and Wellness Group	16 <u>Outing</u> Crazy Sweet (4:00pm-5:00pm) Leave ORC at 4:00pm Walking To and From <u>Sign Up in Advance</u>	17 1:30pm: Yoga 4:00pm: Gay/Straight Alliance	18 4:00pm: Jeopardy Lab 6:00pm: Self-Care Group	19 1:30pm: Walking Club 4:00pm: Skills to Pay the Bills (V)	20 CLOSED
22 1:30pm: Mental Health Group (V) 4:00pm: Music Group	23 4:00pm: Art Group 6:00pm: Group Meal (Breakfast Food)	24 1:30pm: Wii Sports 4:00pm: Diversity and History (V)	25 <u>Outing</u> High Cliff State Park (3:30pm-6:30pm) Leave ORC at 3:30pm <u>Sign Up in Advance</u>	26 1:30pm: Relationship Group (V) 4:00pm: Life Skills (V)	27 CLOSED
29 1:30pm: Mental Health Group (V) 4:00pm: Health and Wellness Group	30 <u>Outing</u> Mini-Golfing at Badger Sports Park (3:30pm-5:30pm) Leave ORC at 3:30pm <u>Sign Up in Advance</u>	<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 will be closed during scheduled outings.</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:

Acoca Coffee: Being social in the community outing. Members will interact with peers during this outing. 1 drink and food item will be provided. Please bring extra money for additional items.

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

Calendar Planning Committee: Members will work together to plan outings for the month of May.

Crazy Sweet: Being social in the community outing. Members will interact with peers during this outing. 1 drink and food item will be provided. Please bring extra money for additional items.

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.

High Cliff State Park: Learning from the community outing. Members will learn about local state parks while getting active on the available trails.

Jeopardy Lab: Members will test their knowledge and work with teammates to solve and answer questions.

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.

Mini-Golfing at Badger Sports Park: Getting active in the community outing. Members will test their putting skills while working with other team members.

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.

Walking Club: Get active in the community while learning how using the community can be used as a coping skill. The YYA program will be closed while this activity is occurring in the community.

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

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

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