

# AUGUST 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><b>Available Daily:</b> 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>			<p><b>1</b></p> <p>4:00pm: Jeopardy Lab</p> <p>6:00pm: Self-Care Group</p>	<p><b>2</b></p> <p>1:30pm-2:30pm: Walking Club (Center closed during activity)</p> <p>4:00pm: Relationship Group (V)</p>	<p><b>3</b></p> <p>CLOSED</p>
<p><b>5</b></p> <p>1:30pm: Mental Health Group (V)</p> <p>4:00pm: Health and Wellness Group</p>	<p><b>6</b></p> <p><u>Outing</u> Acoca Coffee (3:30pm-5:30pm) Leave ORC at 3:30pm Walking To and From <u>Sign Up in Advance</u></p>	<p><b>7</b></p> <p>1:30pm: Gay/Straight Alliance</p> <p>4:00pm: Wii Sports</p>	<p><b>8</b></p> <p>4:00pm: Calendar Planning Committee (V)</p> <p>6:00pm: Movie at ORC</p>	<p><b>9</b></p> <p>1:30pm: Skills to Pay the Bills (V)</p> <p>4:00pm: Life Skills (V)</p>	<p><b>10</b></p> <p>CLOSED</p>
<p><b>12</b></p> <p>1:30pm: Mental Health Group (V)</p> <p>4:00pm: Music Group</p>	<p><b>13</b></p> <p>4:00pm: Art Group</p> <p>6:00pm: Group Meal</p>	<p><b>14</b></p> <p>1:30pm: Yoga</p> <p>4:00pm: Diversity and History (V)</p>	<p><b>15</b></p> <p><u>Outing</u> Mini-Golf at Badger Sports Park (4:00pm-6:30pm) Leave ORC at 4:00pm <u>Sign Up in Advance</u></p>	<p><b>16</b></p> <p>1:30pm-2:30pm: Walking Club (Center closed during activity)</p> <p>4:00pm: Relationship Group (V)</p>	<p><b>17</b></p> <p>OPEN 11:00AM-4:00PM</p>
<p><b>19</b></p> <p>1:30pm: Mental Health Group (V)</p> <p>4:00pm: Health and Wellness Group</p>	<p><b>20</b></p> <p>4:00pm: Art Group</p> <p>6:00pm: Group Meal</p>	<p><b>21</b></p> <p><u>Outing</u> Butterfly Gardens of Wisconsin (1:00pm-3:30pm) Leave ORC at 1:00pm <u>Sign Up in Advance</u></p>	<p><b>22</b></p> <p>4:00pm: Jeopardy Lab</p> <p>6:00pm: Self-Care Group</p>	<p><b>23</b></p> <p><u>Outing</u> YMCA (1:30pm-3:30pm) Leave ORC at 1:30pm Walking To and From <u>Sign Up in Advance</u></p>	<p><b>24</b></p> <p>CLOSED</p>
<p><b>26</b></p> <p>1:30pm: Mental Health Group (V)</p> <p>4:00pm: Music Group</p>	<p><b>27</b></p> <p>4:00pm: Art Group</p> <p>6:00pm: Group Meal</p>	<p><b>28</b></p> <p><u>Outing</u> Volunteer at Riverview Gardens (1:00pm-3:30pm) Leave ORC at 1:00pm <u>Sign Up in Advance</u></p>	<p><b>29</b></p> <p>4:00pm: Young Women's Leadership Group (V)</p> <p>6:00pm: Movie at ORC</p>	<p><b>30</b></p> <p>1:30pm-2:30pm: Walking Club (Center closed during activity)</p> <p>4:00pm: Relationship Group (V)</p>	<p><b>31</b></p> <p>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.

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Community Outreach Center



United Way Fox Cities



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### Activity Descriptions:

Acoca Coffee: Being social in the community outing. Members will interact with others while enjoying a snack and drink on the ORC. Please bring own money for extras.

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

Butterfly Gardens of Wisconsin: Learning from the community outing. Members will learn about nature and explore the exhibit.

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

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.

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-Golf at Badger Sports Park: Being active in the community outing. Test your putting skills in this social/recreational activity.

Movie at ORC: Members will socialize during movie event at the center. Members will assist in picking out the movie that is viewed.

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.

Riverview Gardens: Giving back to the community outing. Members will assist in gardening activities to assist with the community garden.

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.

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.

Young Women's Leadership Group: Members will learn and explore skills for leadership.

YMCA: Being active in the community outing. Members will be able to participate in different physical activities at the Appleton YMCA

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

