



SEPTEMBER 2004

Mon	Tue	Wed	Thu	Fri
		1 10-11 career research 11-12 internet 12:30-1 social skills	2	3
6 10-11 budgeting 11-12 WORD 12:30-1 typing 1-2 job club	7	8 10-11 career research 11-12 internet 12:30-1 social skills	9	10
13 10-11 budgeting 11-12 WORD 12:30-1 typing 1-2 job club	14 HOOPER HOT SPRINGS 10-1:30 Remember to bring your own lunch:)	15 10-11 career research 11-12 internet 12:30-1 social skills 1-2 typing	16	17
20 10-11 budgeting 11-12 WORD 12:30-1 typing 1-2 job club	21	22 10-11 career research 11-12 internet 12:30-1 social skills	23	24
27 10-11 budgeting 11-12 WORD 12:30-1 *Respect 1-2 job club	28 10-12 Discovering Positive outlets	29 10-11 career research 11-12 internet 12:30-1 social skills	30	

Schedule of Events

MONDAY

- ◆ **Budgeting:** Activities and resources to help along the understanding of budgeting. Includes managing a checking acct., savings acct, etc.
- ◆ **WORD:** A time to learn more about the program, WORD. Exercises developed to familiarize self with the program.
- ◆ **Beginners Typing:** Mavis Beacon program and individual lessons as well.
- ◆ **Job Club:** Work Force Skills, applying for jobs, job retention, resumes, work ethics, etc.
- ◆ ***Respect:** Discussion and activities to remind ourselves to act appropriate when others are presenting.

TUESDAYS

- ◆ **Hooper Hot Springs Trip:** A time to put our 'healthy lifestyle' knowledge to use, by participating in a healthy recreation as well as a healthy and positive outlet.
- ◆ **Discovering Positive Outlets:** Dan Samora from MH will be teaching a specific way to participate in a 'healthy lifestyle' outlet.
- ◆ **An interactive time** of arts and crafts allows us to experience a relaxing and educational time of working with clay.

WEDNESDAYS

- ◆ **Career Research:** Developing awareness and research skills for different careers available and possible job opportunities. A time for vocational exploration.
- ◆ **Internet Navigation:** Learning how to access internet as well as research materials.
- ◆ **Beginners Typing:** Mavis Beacon program and individual lessons as well.
- ◆ **Social Skills:** Discussion, exercises and activities in regards to making and keeping friends, interaction, communication, interpersonal relationships, etc.

**TERESE PELOQUIN'S (Consumer & Family advocate) OFFICE
HOURS AT NEW BEGINNINGS**
Mondays: 10:00-11:00am

New Beginnings Wellness & Recovery Center

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