

# April 2024

## Daily Services:

<i>Daily from 9a-4p (Wed. 12-7p and Sat. 10a-1p)</i>	<i>Daily 9a-5p (Wed. 12-7p and Sat. 10a-1p)</i>
• 1:1 Recovery coaching	• Job Readiness room for interviews/quiet study
• Substance use counseling by appointment	• Sensory room – supporting mindfulness and mental health
• Employment and Education support	• Emergency supplies
• Computer Center	• Open engagement opportunities with staff
• Housing resource counseling	

## New Groups:

**WORKS:** Workforce Opportunities Rewarding Knowledge and Success is a 4-week program designed to prepare for employment and skill development for employment.

**Mental Health Drop-in Support Session:** Come and talk about mental health in a community of support! Brainstorm mental health-based groups the Compass can bring to the table!

**LGBTQIA+ Drop-in Session:** Join staff to brainstorm how Compass can better support members of the LGBTQIA+ community!

MON	TUES	WED	THURS	FRI	SAT
1 10a: Daily Check-in 2p: Recovery 3p: LGBTQIA+ Drop-in support group	2 10a: Anger Management 11a: Pictionary 2p: Board Games 3p: Open Art Workshop 4p: Recovery Reading	3 1p: Daily Check-in 2p: Board Games 3p: Peer Support Group 6p: Free art workshop	4 10a-12p: WORKS information session 1p-3p: WORKS drop-in session 3p: Pictionary 4p: Recovery Reading	5 10a: Daily Check-in 12p: Mental health support drop-in session 3p: Recovery 4p: Pictionary	6 10a: Refuge Recovery 11a: Zen coloring
8 10a: Daily Check-in 2p: Recovery 3p: Employment: Communication 4p: Pictionary	9 10a: Anger Management 12p: Goals Group 2p: Board Games 3p: Open Art Workshop 4p: Recovery Reading	10 1p: Daily Check-in 2p: Board Games 3p: Peer Support Group 4p: Mental Health support drop in session 6p: Free art workshop	11 10a-12p: WORKS information session 1p-3p: WORKS drop-in session 3p: Pictionary 4p: Recovery Reading	12 10a: Daily Check-in 11a: Kitchen Basics 12p: Pizza Party 2p: LGBTQIA+ Support drop in session 3p: Recovery	13 10a: Refuge Recovery 11a: Food art activity
15 10a: Daily Check-in 12p: Poetry writing 2p: Recovery 3p: Employment: Teamwork	16 10a: Anger Management 12p: TechConnect Drop In session 3p: LGBTQIA+ Drop-in support group 4p: Recovery Reading	17 1p: Daily Check-in 2p: Board Games 3p: Peer Support Group 6p: Free art workshop	18 10a-12p: WORKS information session 1p-3p: WORKS drop-in session 3p: Mental Health Drop In 4p: Recovery Reading	19 10a: Daily Check-in 12p: Pictionary 3p: Recovery 4p: Free art workshop	20 10a: Refuge Recovery 11a: Plug in sensory activity
22 10a: Daily Check-in 1p: Employment: Interpersonal Skills 2p: Recovery 3p: Pictionary	23 10a: Anger Management 2p: LGBTQIA+ Drop-in support group 3p: Open Art Workshop 4p: Recovery Reading	24 1p: Daily Check-in 2p: Coping Skills 3p: Peer Support Group 4p: Recovery Reading 6p: Zen coloring	25 10a-12p: Job Fair 3p: Mental Health drop in support session 4p: Recovery Reading	26 10a: Daily Check-in 11a: Kitchen Basics 12p: Pizza Party 2p: Poetry writing 3p: Recovery	27 10a: Refuge Recovery 11a: Free art workshop
29 10a: Daily Check-in 1p: Mental Health drop-in 2p: Recovery 3p: Employment: Teamwork	30 10a: Anger Management 12p: TechConnect Drop In 2p: Open Art Session 3p: LGBTQIA+ Drop-in support group				

