

JANUARY 2026

WEEKLY DROP-IN ACTIVITIES

TANGLED UP IN THREAD	Relax and create with knitting, crochet, and cross-stitch. Bring a project or start fresh—everyone is welcome!	★★
DIAMOND PAINTING	A mindful, creative activity using tiny gems to create beautiful artwork. A great way to relax and focus.	★★
MONDAY RESET	A calm, low-sensory space to ease into the week with quiet activities, audiobooks, and time to recharge.	★★
CREATIVE CORNER	A rotating space for painting, crafts, journaling, and self-expression. Come create, unwind, or simply spend time in a calm, supportive environment.	★★★
COFFEE AND CRAFTERS	A relaxed morning space to enjoy a warm drink while crafting, chatting, or easing into the day at your own pace.	★★★
AUDIOBOOK CLUB	Sit back and listen to an audiobook in a low-stimulation environment. Perfect for days when your brain needs rest, not effort.	★

GAMES & GROUP FUN

OPEN BOARD GAMES	A relaxed drop-in space with board and card games. Join in, observe, or step away anytime.	★★★
WOULD YOU RATHER?	A lighthearted group activity designed to spark laughter, conversation, and connection in a low-pressure way.	★★★
TRIVIA AND TEA	Enjoy a warm drink while testing your knowledge in a friendly, relaxed group setting. Participation is always optional.	★★★★
LEGO BUILDING	A hands-on, creative building space using LEGO. Build freely, follow a challenge, or collaborate with others. Great for focus, creativity, and connection.	★★★

CRAFTS

RECORD BOWL WORKSHOP	A guided, hands-on craft where participants transform old vinyl records into decorative bowls. Step-by-step instruction provided in a structured, supportive environment.	★★
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CORE WORKSHOPS & LEARNING SPACES

LIFE SKILLS	Life Skills offers practical tools for everyday living, with a focus on building routines and strategies that feel realistic and sustainable. January sessions include energy budgeting using Spoon Theory and gentle approaches to getting things done without pressure or overwhelm.	★★
CHANGING MINDS	Changing Minds is a weekly learning space focused on mental health topics, emotional wellbeing, and shared understanding. This month, sessions explore the impact of loneliness, coping with feelings of isolation, and navigating boredom in a supportive, discussion-based environment.	★★
GROUP DISCUSSION	Group Discussion is a facilitated learning space that encourages open conversation, reflection, and shared perspectives. Participants are welcome to share, listen, or simply be present in a respectful and supportive group setting.	★★

SENSORY RATING SCALE: Use this scale to help you choose the right activity for your comfort level:
💡 Need help finding your fit? Ask a team member – we've got you!

- ★ Very Low Stimulation | Quiet, calm, relaxing (ideal for recharging).
- ★★ Low Stimulation | Minimal noise, gentle pace, low interaction.
- ★★★ Moderate Stimulation | Balanced mix of activity and social energy.
- ★★★★ High Stimulation | Louder, more interactive, and engaging.
- ★★★★★ Very High Stimulation | Lively, energetic, and fast-paced fun.