



NOVEMBER 2025

FOR THE BRAVE, THE CURIOUS AND THE SLIGHTLY NERVOUS!



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	Get your hands in the dirt, plant something new, and help our garden grow — no green thumb required!	★ ★ ★
COFFEE AND CRAFTERS	A rotating space for painting, crafts, and self-expression.	★ ★ ★

GAMES & GROUP FUN

HOT CHOCOLATE & BOARDGAMES	Join us for a cozy afternoon of chocolate treats and classic board games — the perfect mix of sweetness, laughter, and friendly competition!	★ ★ ★ ★
THE BODY KEEPS SCORE	The Body Keeps the Score — Discover how trauma affects the body and mind, and learn paths toward healing and recovery.	★ ★ ★ ★
FALL B-I-N-G-O	Bingo — A fun, social game where everyone can relax, connect, and enjoy a little friendly competition.	★ ★ ★ ★
MOVIE DAY	Movie Day — Cast your vote on Facebook and join us for a relaxing movie chosen by the group!	★ ★ ★ ★
SIGN UP! M.I.N.D'S GOT TALENT	MIND's Got Talent — Show off your unique skills and cheer on others in a fun, supportive talent showcase!	★ ★ ★
BREAKFAST-FOR-LUNCH	Breakfast for Lunch — Enjoy a fun twist on the usual meal with everyone's favorite breakfast foods served at lunchtime!	★ ★ ★

CORE WORKSHOPS & LEARNING SPACES

LIFE SKILLS	This month, we're exploring Understanding Emotional Triggers, Building Emotional Boundaries, and Managing Grief and Seasonal Blues — three essential topics to help you navigate emotions and build resilience.	★ ★
CHANGING MINDS	This month's sessions focus on Budgeting on a Low Income, Meal Planning and Pantry Skills, Communication in High-Stress Situations, and Decluttering Your Space to Clear Your Mind — practical tools to simplify life and strengthen daily habits.	★ ★

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.

