

Recurring Virtual Groups on ZOOM: May 6-29th

NEW! MONDAYS - Beginning May 11th

"Self Love/Self Care" Group 1:00-2:30 pm

This group will host new discussion topics each week!

- **MAY 11: Emotional Health**
- **MAY 18: Physical Health**
- **MAY 25: Spiritual Health**

NEW! MONDAY, MAY 11th 10:00 -11:30

Brainstorming Session for NEW Delta Clubhouse Newsletter! *Content ideas, member submissions...*

TUESDAYS

Delta Java Time! 10:00 - 11:00 am

Grab your coffee or tea & join us for your favorite topics!

TUESDAYS

Art Group 1:00 - 2:30 pm

- **MAY 12, 19 & 26th: Freestyle Paint**

Materials: pencil, pencil crayons or paint. Anything you'd like to use!

WEDNESDAYS

Stress Management series 1:00 - 2:30 pm

"Coping with Stress" – interactive with light movement

- **MAY 6: Coping Skills**
- **MAY 13: Creating a Stress Tool Kit**
- **MAY 20: Maintaining a Healthy Stress Balance**

THURSDAYS

Creative Writing Group 1:00 - 2:30 pm

- **MAY 7: Journaling** & Social Connections with Dale
- **MAY 14: Short stories** – Characterization, conflict
- **MAY 21: Setting/point of view & MAY 28: Theme/plot**

NEW! FRIDAYS – Beginning May 15th

Vocational Planning 11:00 – 12:30 pm

By Appointment--Focus on educational exploration, volunteer opportunities, applications, resume building & interview prep.

FRIDAYS

Ages 19 - 29

Young Adults Virtual Meetup 1:00 - 2:30 pm

- **MAY 8th & 22nd: Online Games**

ALSO: Check out available *Virtual WRAP Groups* in the attached flyer. Contact us for sign up assistance!

- Groups are by "invite". Please provide staff with your email address or phone number, and a link will be sent to you for connection.
- A form including video & online telecommunications will be emailed to you to provide your consent.