

# NOVEMBER 2020



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	Session 1	Session 2	Session 3	Session 4
2	3 2-3PM Meet N' Greet	4 11-12PM Meet N' Greet	5 2-3PM Meet N' Greet	6 2-3PM Meet N' Greet
9	10 2-3PM Relaxation	11 11-12PM Relaxation	12 2-3PM Relaxation	13 2-3PM Relaxation
16	17 2-3PM Interactive Games	18 11-12PM Interactive Games	19 2-3PM Interactive Games	20 2-3PM Interactive Games
23	24	25	26	27
30				

<---Thanksgiving Week: No classes--->



**Class Descriptions:** Each class is 1 hour long

**Sessions 1-4: \$60 or 3 hours DSA\***

**Day 1: Meet N' Greet & Social Hour** - An hour full of mingling and getting to know each other! Join us to make new friends, share how you are feeling, and ask each other questions.

**Day 2: Relaxation** - Practice breathing techniques, stretch and end with calming coloring.

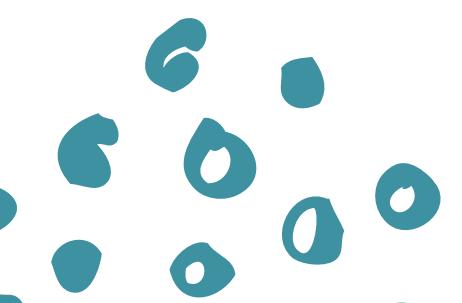
**Day 3: Interactive Games** - Come ready to play get to know you activities, and other fun group games!

\*DSA - Day Support Activities (hourly)

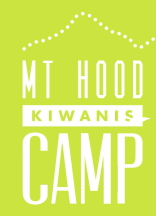
**Payment Options Available:**

Private Pay or Brokerage/Agency. (Must be pre-arranged in an ISP or Service Agreement by Brokerage/Agency).

Any questions please email: **Kathy Werschkul** at [Kathy@mhkc.org](mailto:Kathy@mhkc.org)



# DECEMBER 2020



**Class Descriptions:** Each class is 1 hour long

**Session 1: Skill Based Classes - \$80.00 or 4 hours DSA\***

- Day 1: Fostering Friendships
- Day 2: Meal Planning
- Day 3: Social Media Etiquette/Safety
- Day 4: Self-Care

**Sessions 2-4: \$60 or 3 hours DSA\***

**Day 1: Meet N' Greet & Social Hour** - An hour full of mingling and getting to know each other! Join us to make new friends, share how you are feeling, and ask each other questions.

**Day 2: Relaxation** - Practice breathing techniques, stretch and end with calming coloring.

**Day 3: Interactive Games** - Come ready to play get to know you activities, and other fun group games!

\*DSA - Day Support Activities (hourly)

**Payment Options Available:**

Private Pay or Brokerage/Agency (Must be pre-arranged in an ISP or Service Agreement by Brokerage/Agency)

Any questions please email: **Kathy Werschkul at [Kathy@mhkc.org](mailto:Kathy@mhkc.org)**

M	T	W	T	F
<b>Session 1</b> <b>30</b> Skill Based Classes 2-3PM Fostering Friendships	<b>Session 2</b> <b>1</b> 2-3PM Meet N' Greet	<b>Session 3</b> <b>2</b> 11-12PM Meet N' Greet	<b>Session 4</b> <b>3</b> 2-3PM Meet N' Greet	<b>4</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
2-3PM Meal Planning	2-3PM Relaxation	11-12PM Relaxation	2-3PM Relaxation	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
2-3PM Social Media Etiquette/Safety	2-3PM Interactive Games	11-12PM Interactive Games	2-3PM Interactive Games	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
2-3PM Self-Care	No classes December 22-Jan 1st			
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

