Future Directions | Week 3 - November

2070 West 117th Street, Cleveland, Ohio 44111 | (216) 251-8265 | www.futuredirections-cos.org | www.facebook.com/futuredirectionscos

Monday 16

OPEN
9:00 AM – 5:00 PM

Resource Hour
9:00 AM – 11:00 AM

Support Staff Meeting
11:00 AM – 12:00 PM

Check In
*Nick
12:00 PM – 1:00 PM

Playing Card Project
1:00 PM – 2:00 PM

NAMI Art Journaling
Join the staff of NAMI for mental health support through creating thoughtful artwork.
*NAMI Staff
3:00 PM – 5:00 PM



Tuesday 17

OPEN
9:00 AM – 5:00 PM

Resource Hour
9:00 AM – 11:00 AM

Support Staff Meeting
11:00 AM – 12:00 PM

Check In
*Staci
12:00 PM – 1:00 PM

Personal Accountability
Sometimes, the thing we need the most for ourselves is to take ownership of our actions.
*Marc
1:00 PM – 2:00 PM

Peer Support
A safe place to share your feelings, and give, and receive encouragement.
*Willie
2:00 PM – 3:00 PM

Creating Snowflakes
Use your creative imagination to create snowflakes using puzzle pieces. Join us!
*Celena
3:00 PM – 4:00 PM



Wednesday 18

OPEN
9:00 AM – 5:00 PM

Resource Hour
9:00 AM – 11:00 AM

Support Staff Meeting
11:00 AM – 12:00 PM

Check In
*Celena
12:00 PM – 1:00 PM

Learning about Mental Illnesses
We will take a deep dive into the many forms of mental illness. Let's talk.
*Nick
1:00 PM – 2:00 PM

Healthy Routines Pt. 2
A continued discussion on how having a healthy routine can make your day more productive.
*Vicki
2:00 PM – 3:00 PM

Drawing Exploration
We will continue this class where we will learn many techniques of drawing.
*Staci
3:00 PM – 4:00 PM



Thursday 19

OPEN
9:00 AM – 5:00 PM

Resource Hour
9:00 AM – 11:00 AM

Support Staff Meeting
11:00 AM – 12:00 PM

Check In
*Lakecia
12:00 PM – 1:00 PM

Letting go of Toxic People
It is often difficult to grasp why people act in toxic ways. Remember, you are not to blame.
*Vicki
1:00 PM – 2:00 PM

Other People's Opinions
Do you worry about what other people think? Find out how to let go of others opinions.
*Marc
2:00 PM – 3:00 PM

Jeopardy with Willie
*Willie
3:00 PM – 4:00 PM



Friday 20

OPEN
9:00 AM – 5:00 PM

Resource Hour
9:00 AM – 11:00 AM

Support Staff Meeting
11:00 AM – 12:00 PM

Check In
*Willie
12:00 PM – 1:00 PM

Membership Meeting
1:00 PM – 3:00 PM

BINGO
3:00 PM – 5:00 PM

