



Program Calendar

January–March 2017



Artwork by Rina N.

Welcome to the Fellowship Place Program Calendar!

Fellowship Place helps adults who have a mental illness lead more meaningful, fulfilling and healthy lives by offering resources, education and opportunities.

Guidelines & General Information

❖ Contact Information

Main Phone Number: (203) 401-4227, Ext. 1110 for the Welcome Desk in the Clubhouse

Website: www.fellowshipplace.org

❖ Fellowship Place Clubhouse Hours

- Monday 9:00 AM–8:00 PM
- Tuesday–Friday 9:00 AM–5:00 PM
- Saturday, Sunday & Holidays* 10:00 AM–1:30 PM
 - *Holiday hours will occur on: Monday, January 2

❖ Healthy Meal Initiative

Fellowship provides our members with free daily meals to promote a healthy, balanced lifestyle and diet. Adhering to the reservation times, members can either sign up in person with staff in the Clubhouse or call to leave a voicemail with their name and meal reservation(s) on the **meal reservation line: (203) 401-3067**. Members without a reservation may purchase a meal for \$2.00 if food is available. Member donations are greatly appreciated to help with the cost of the healthy meal initiative.

Meal Serving Times & Reservations

- Monday–Friday
 - Breakfast is served at 9 AM. No reservation is required for Breakfast.
 - Lunch is served at 12 PM. Sign-up for Lunch is required by 10 AM daily.
 - Dinner is served on Mondays at 5 PM and Tuesday through Friday at 4 PM. Sign-up is required by 12 PM daily.
- Saturday, Sunday & Holidays
 - Lunch is served at 11:30 AM. No reservations are needed for weekends and holidays*.
 - *Holiday hours will occur on: Monday, January 2

❖ Welcome Desk

The Welcome Desk at Elm St. Reception is the first stop when entering Fellowship to sign in and obtain helpful information, such as the Daily Focus for the day's activities, Member Handbook, weekly menu, meal reservation information cards, this program calendar, Art Studio schedule, and the Beacon, our quarterly literary newsletter.

❖ Delayed Openings, Early Closings & Cancellations

To check for any time changes due to snow storms and inclement weather, please call Fellowship Place's main number at (203) 401-4227.

Upcoming Special Events

❖ ***NEW!*** Food Stamp/SNAP Benefits Assistance

1st Thursday of every month starting in February from 10–12 PM in the Interview Office in the Clubhouse →2/2 & 3/2
Fellowship Inn Manager Bailey Orell will be available for assistance applying for SNAP, completing SNAP redeterminations, and resolving SNAP-related problems. Sign up sheet is posted on the Interview Office door. (Interview office is located next to the kitchen in the Clubhouse)

❖ Dealing with the Winter Blues: Group Check-in

Tuesday, January 17 @ 11:15 AM in the Clubhouse

Join Charlotte Sabovic for a group check-in on how everyone has been dealing with the winter blues or general depression during the winter months. This group will be a recap of the group that was held on December 2nd.

❖ Camp CONNRI Presentation

Tuesday, January 31 @ 11 AM in the Clubhouse

Amy Merchant from the Salvation Army will be here to provide information on the upcoming 2017 annual trip to Camp CONNRI! Join us to get the details of the fun Camp CONNRI experience in Ashford, CT. The Camp CONNRI trip will be from July 18–21, 2017.

❖ Poetry Jam

Thursday, February 9 from 2–3 PM in the Art Studio

Come participate by reciting an original piece or read one of your favorite poems by a favorite author!

❖ Mind Matters Presentation

Monday, February 20 from 10–11 AM in the Clubhouse

Yale University's own Mind Matters Group will be here to talk about U.S. Presidents in celebration of Presidents' Day!

❖ Meatless Monday

Mondays from 11:15-11:45 AM in the Clubhouse

Join Kitchen Coordinator, Alan Thayer and Program Director, Charlotte Sabovic for a smoothie demonstration, a discussion on healthy eating. Try the delicious smoothie, learn about the ingredients and earn an Alan Dollar for a second serving of a meal.

❖ Mammography Van

Wednesday, February 28 from 8 AM–2:30 PM in the Celentano parking lot

The mammography van is coming to the Celentano parking lot across the street from Fellowship Place to provide FREE mammograms! Please see Wanda G. in the Clubhouse to sign up.

❖ Heart Health Presentation

Monday, February 27 @ 11 AM in the Clubhouse

Join Cornell Hill Health Center Wellness Educators for a discussion during Heart Health Month on heart health, prevention, signs, symptoms and awareness. Bring your questions!

❖ Women Empowering Women

Mondays from 9:30–10:30 AM in Hald 2

Join MSW Intern Katelyn Trauger in the new women's self-care group where women will empower each other by promoting self-worth and confidence. Topics will include: make up tips, fall/winter fashion, advocating for yourself, healthy eating, and stress management. See Katelyn for more information.

❖ Consumer Council

3rd Monday of every month from 3:30–4:30 PM in Hald 1 →January 16, February 20 & March 20

Join Executive Director Mary Guerrero for an open conversation about how to improve services and member participation at Fellowship. Join us by signing up on the Clubhouse bulletin board!

❖ Young Adult Group

Upcoming Special Events

Mondays, Wednesdays & Fridays; see monthly Young Adult Services (YAS) schedule for details

The Young Adult Program offers a unique space for young people ages 18 through 25 with mental illness to gather, socialize, and learn the skills necessary to be successful in adulthood. To join and get a copy of the YAS schedule, please see Naomi Brinton or Kevin Torzillo in the Clubhouse.

❖ **Coffee & Conversation**

Tuesdays & Thursdays from 9:15–10:15 AM in the Clubhouse

Join Volunteer Ben Fait for some morning coffee and conversation with topics ranging from politics, health care, sports and anything else current, exciting and interesting!

❖ **Black History Month: Music Discussion**

Tuesdays in February @ 9:15 AM in the Clubhouse → 2/7, 2/14, 2/21 & 2/28

Ben Fait will be discussing the influence of black musicians during the Coffee & Conversation Group.

❖ **Zumba**

1st Tuesday of every month from 10–11 AM in the Clubhouse → 1/3, 2/7 & 3/7

Come join a Zumba Instructor in a fun workout in an effort to make your body healthy!

❖ **Member of the Month**

1st Community Meeting (2nd Tuesday) of every month @ 11 AM in the Clubhouse → 1/10, 2/14 & 3/14

The Member of the Month is a member chosen by the Social Program staff for accomplishing a big goal, membership anniversary, general helpful behavior in the clubhouse, or obtaining employment, housing, or education. If you are interested in becoming member of the month, or nominating someone, please speak with your Recovery Advisor and share your positive accomplishment!

❖ **Music in the Moment Group**

Wednesdays from 9:30–10:30 AM in McDowell

Join new Band Leader Seth Adam Thulin to create and practice original pieces of music! If you are interested in playing music, writing music, or singing, please join this amazing band that has the pleasure of performing at F.P. events!

❖ **Infinity Music Therapy**

1st Wednesday of every month from 10:30–11:30 AM in the Clubhouse → 1/4, 2/1 & 3/1

The therapist at Infinity Music Therapy believes in a creative and innovative approach to therapy that reaches beyond the therapeutic use of instruments and song to include other sensory based mediums, visual aids, and more to encourage active participation and growth.

❖ **Black History Month: Soul Food Wednesdays**

Wednesdays in February @ 12:00 PM in the Clubhouse → 2/1, 2/8, 2/15 & 2/22

Alan Thayer will introduce Soul Food Wednesdays, showcasing traditional African dishes that come from the Southern U.S. Please be sure to sign up for lunch as usual if you are interested in eating.

❖ **SCSU Nursing Students Health Group and Presentation**

Wednesday March 8 from 9:15 AM- 1:30 PM

Southern Connecticut Nursing students will be in the Clubhouse throughout the day to participate in programming and will also have their own health group at 12:45 PM in the clubhouse. The students will be discussing topics such as blood pressure, diabetes and nutrition. Bring your questions!

❖ *****RETURNING!*** Gardening Group**

Wednesdays starting March 1 from 1–2 PM

Please join Judy Trussell around Fellowship Place to help make the campus beautiful and full of life. The new raised garden bed will be the new home to herbs that will be used in the Clubhouse Kitchen!

❖ **In-House Art Shows**

Upcoming Special Events

Select Wednesdays @ 1 PM in the Art Studio →1/ 4, 2/15 & 3/29

View the art of a featured Fellowship artist! Snacks and refreshments will be provided.

❖ Food Film Series

Select Wednesdays from 1:45–3:30 PM in Large McDowell →1/18, 2/15 & 3/15

Would you like to be part of Fellowship Place's Healthy Eating Initiative? Come join us for our Food Film Series to learn about nutrition and creating a healthier lifestyle. Healthy snacks will be provided!

❖ Pool Tournament with CREST Program

Last Wednesday of every month @ 1 PM in the Clubhouse →1/25, 2/22 & 3/29

The Social and CREST programs join for some friendly competition in pool!

❖ Hearing Voices Support Group

Thursdays from 10–11 AM in McDowell

Join MSW Intern Katelyn Trauger for open group discussion and guided instruction regarding shared stories and lived experiences of members in the program that experience auditory hallucinations or "voices". The purpose of the group is to talk freely about the voices you hear without judgment as well sharing and learning coping skills to better manage your symptoms! See Katelyn for more information.

❖ Get Moving!

Thursdays from 1:00–1:30 PM in the Clubhouse

Join Kevin Torzillo for light aerobic exercises and stretching to increase your heart rate and get your blood pumping!

❖ Spirituality Group

Every other Thursday from 3–4 PM in Hald 2 →1/5, 1/19, 2/2, 2/16, 3/2, 3/16 & 3/30

Join volunteer Rev. Craig Leukens for group discussion on spirituality in relation to better understanding your beliefs and how spirituality can help you manage mental illness and recovery.

❖ CSN Rainbow Committee

2nd Friday of every month from 3–4 PM in Hald 2 →1/13, 2/10 & 3/10

The Community Services Network (CSN) Rainbow Committee is looking for members. If you are interested in joining the committee and helping to plan the committee celebrations, please see Naomi Brinton.

❖ Safe Space Group (for members of the LGBTQ Community)

2nd & 4th Friday of every month from 11 AM–12 PM in Hald 2 →1/13, 1/27, 2/10, 2/24, 3/10 & 3/24

This group provides a safe, secure place for LGBTQ members to meet and socialize. Topics will vary each week and the group will be a member-run discussion facilitated by staff. See Naomi for more information.

❖ ArtShip

Fridays from 1–2 PM in the Art Studio

ArtShip is open to Fellowship Place members who are self-taught or experienced artists. The program aims to exhibit art in community venues with the mission of reducing stigma, promoting the arts, and creating opportunities for our artists to sell their work. To join, please see Kyle Barreuther in the Art Studio.

Current Learning Opportunities

Career Development Workshops & Activities

❖ Gateway Community College Tour

Friday, February 10 @ 12:30 PM, meeting in the Clubhouse

Join Education Specialist Alexis Greenwood on a tour of Gateway Community College; see Alexis to sign up.

Current Learning Opportunities

Career Development Workshops & Activities

❖ Computer Classes

Mondays in January from 10–11:30 AM in the Computer Learning Center (CLC)

→1/9: Basic Computers; 1/16: Basic Keyboarding; 1/23: Creating a Word Document; 1/30: Internet Basics

Computer Classes are taught by Literacy Volunteers. You must sign up in advance; please see your staff advisor.

❖ Make Better Decisions!

1st & 3rd Tuesday of every month from 10–11 AM in Hald 1

→January 3 & 17; February 7 & 21; March 7 & 21

We all make decisions every day- both big and small. In these workshops, you will examine the way that you decide to do the things that you do and explore your decision-making process. You will learn to make better decision! See Bobby Boback or Marlena King to sign up.

❖ GED Classes

Tuesdays & Thursdays from 1:30–3:30 PM in Hald 1

Classes are in session for the 2016–2017 school year. See Sandi Sibilio, Director of Career Development Services, for more information. Schedules are located by the Welcome Desk.

❖ Career Exploration

Select Wednesdays from 10:30–11:30 AM in Hald 2

→January 11: Work Treasure Hunt

→February 15: Employment/Interview Jeopardy

→March 15: Career Charades/What Professional am I?

Join Employment Specialist Tarin Evans for a fun-filled way to explore your career goals.

❖ Education Support Lunch

Select Thursdays @ 11 AM in Hald 1

→January 19: Syllabus Review & Prep- Use your syllabus to plan out your semester.

→February 9: Midterm Prep- Learn testing taking skills and make a plan to do well with mid-term exams.

→March 9: Finals Prep- Learn testing taking skills and make a plan to do well with final exams.

Learn skills for a successful semester at school! Please see Alexis Greenwood or Juno Dina with any questions!

❖ Volunteering in the Community

See Peer Specialist Judy Trussell for information about community volunteering or to join the following groups:

- **Dan Cosgrove Animal Shelter Volunteer Group**

Tuesdays from 9:15–11:30 AM, meeting in the Clubhouse

Help feed, clean cages, and play with shelter cats at the Dan Cosgrove Animal Shelter.

- **Yale Sustainable Agriculture Volunteer Group**

Wednesdays from 2:45–4:15 PM, meeting in the Clubhouse

Plant, weed, and do other gardening with Yale students once per week, weather permitting.

- **Miss Kendra’s List Volunteer Group**

See your advisor for dates, information & to sign up.

This volunteer group acts as pen pals to write letters to New Haven Public School children. The group meets once a month at Fellowship Place. See your staff advisor to sign up.

Weekly Program Schedule

<u>Activity/Group</u>	<u>Time</u>	<u>Location</u>	<u>Facilitator(s)</u>
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Weekly Program Schedule

<u>Activity/Group</u>	<u>Time</u>	<u>Location</u>	<u>Facilitator(s)</u>
MONDAY			
Hours: 9 AM–8 PM			
Breakfast	9:00–9:30	Clubhouse	Social Program Staff
Women Empowering Women	9:30–10:30	Hald 2	Katelyn T.
Computer Classes (Jan. only: 1/9, 1/16, 1/23, 1/30)	10:00–11:30	Computer Learning Center (CLC)	See advisor to sign up
Mindfulness & Meditation	10:30–11:00	Hald 1	Melissa R.
Club Art	10:30–11:30	Art Studio	Kyle B.
Meatless Monday Presentation	11:15–11:45	Clubhouse	Alan T.
Lunch	12:00–12:30	Clubhouse	Social Program Staff
Relapse Prevention	12:30–1:30	Fellowship Inn	Nick R.
Building Healthy Relationships	1:00–2:00	Hald 1	Melissa R.
Pool	1:00–3:00	Clubhouse	Social Program Staff
Open Computer Lab	1:00–4:00	CLC	Tom W.
Young Adult Group	1:00–4:00	See Schedule	Naomi B. & Kevin T.
Healthy Eating	2:30–3:30	McDowell	Aleta G.
Consumer Council (3 rd Mon./month: 1/16, 2/20, 3/20)	3:30–4:30	Hald 1	Executive Director Mary Guerrero
Grieving Group (1/2–1/30, 3/6–4/24)	3:30–4:30	McDowell	Pamela P.
Dinner	5:00–5:30	Clubhouse	Social Program Staff
Monday Evening Social (schedule below)	5:30–7:30	Clubhouse	Social Program Staff
TUESDAY			
Hours: 9 AM–5 PM			
Breakfast	9:00–9:30	Clubhouse	Social Program Staff
Coffee and Conversation (Black History Month: Music Discussions to occur Tuesdays in February!)	9:15–10:15	Clubhouse	Ben F.
Dan Cosgrove Animal Shelter Volunteer Group	9:15–11:30	Clubhouse	See Judy T. to sign up
WRAP: Wellness Recovery Action Plan	9:45–10:45	McDowell	Jim T.
Make Better Decisions! (1 st & 3 rd Tues./month: 1/3, 1/17, 2/7, 2/21, 3/7, 3/21)	10:00–11:00	Hald 1	Bobby B./Marlena K.
Peer Support	10:00–11:00	Hald 2 (Note: Hald 1 on 2/7 & 2/14)	Aleta G.
Zumba (1 st Tues./month: 1/3, 2/7, 3/7)	10:00–11:00	Clubhouse	Zumba Instructor
Community Meeting (2 nd & 4 th Tues./month: 1/10, 1/24, 2/14, 2/18, 3/14, 3/28)	11:00–12:00	Clubhouse	Staff
Lunch	12:00–12:30	Clubhouse	Social Program Staff
Ping Pong	1:00–3:00	Clubhouse	Social Program Staff
Hispanic Peer Support	1:00–3:30	Offsite	Wanda G.
Open Computer Lab	1:00–4:00	CLC	Tom W.
Relaxation Group	1:15–2:00	Art Studio	Dorene A.
GED Class (Please see schedule)	1:30–3:30	Hald 1	Adult Ed. (See Sandi S.)
Vegetarian Cooking	2:00–3:00	McDowell	Heather M.
Writers' Group	3:00–4:00	McDowell	Naomi B.
Dinner	4:00–4:30	Clubhouse	Social Program Staff
WEDNESDAY			
Hours: 9 AM–5 PM			

Weekly Program Schedule

Activity/Group	Time	Location	Facilitator(s)
Breakfast	9:00–9:30	Clubhouse	Social Program Staff
Music in the Moment	9:30–10:30	McDowell (except last Wed./month at Musical Intervention)	Seth T.
Keep the Promise (3 rd Wed./month: 1/18, 2/15, 3/15)	9:00–12:00	See Joseph T.	Joseph T.
Double Trouble	9:30–10:30	Hald 1	Member-run
Career Exploration (1/11, 2/15, 3/15)	10:30–11:30	Hald 2	Tarin E.
Infinity Music Therapy (1 st Wed./month: 1/4, 2/1, 3/1)	10:30–11:30	Clubhouse	Infinity Music Therapist
Dealing with Difficult Emotions	11:00–12:00	Hald 1	Pamela P.
Lunch (Black History Month: Soul Food Wednesdays will occur during February!)	12:00–12:30	Clubhouse	Social Program Staff
Gardening Group (starting 3/1)	1:00–2:00	Raised Garden Bed	Judy T.
Pool	1:00–3:00	Clubhouse	Social Program Staff
Open Computer Lab	1:00–4:00	CLC	Tom W.
Health and Wellness	1:30–2:00	Clubhouse	Wanda G.
Young Adult Group	1:00–4:00	See Schedule	Naomi B.
Newcomers' Group	2:00–3:00	Clubhouse	Charlotte S. & Mark G.
Recovery through Art	2:00–3:00	Art Studio	Kyle B.
Yale Sustainable Agriculture Volunteer Group	2:45–4:15	See Judy T.	Judy T.
Dinner	4:00–4:30	Clubhouse	Social Program Staff
THURSDAY Hours: 9 AM–5 PM			
Breakfast	9:00–9:30	Clubhouse	Social Program Staff
Nursing Consultation	9:00–11:00	CLC	APRN Phil
Coffee and Conversation	9:15–10:15	Clubhouse	Ben F.
Hearing Voices Support Group	10:00–11:00	McDowell	Katelyn T.
Food Stamp/SNAP Benefits Assistance (1 st Thurs./month: 1/2, 2/6, 3/6)	10:00–12:00	Interview Office	Bailey O.
Recovery through Music	11:00–11:30	Art Studio	Kyle B. & TBD
Men's Group	11:00–11:45	Hald 2	Joseph T.
Lunch	12:00–12:30	Clubhouse	Social Program Staff
Get Moving! Exercise Group	1:00–1:30	Clubhouse	Kevin T.
Book Club	1:00–2:30	Hald 2	Rina N.
Ping Pong	1:00–3:00	Clubhouse	Social Program Staff
Hispanic Peer Support	1:00–4:00	Offsite	Wanda G.
Open Computer Lab	1:00–4:00	CLC	Tom W.
GED Class (Please see schedule)	1:30–3:30	Hald 1	Adult Ed. (See Sandi S.)
Studio Art	2:00–3:00	Art Studio	Kyle B.
Spirituality Group (every other Thurs.: 1/5, 1/19, 2/2, 2/16, 3/2, 3/16, 3/30)	3:00–4:00	Hald 2	Rev. Craig Leukens
Dinner	4:00–4:30	Clubhouse	Social Program Staff
FRIDAY Hours: 9 AM–5 PM			
Breakfast	9:00–9:30	Clubhouse	Social Program Staff

Weekly Program Schedule

<u>Activity/Group</u>	<u>Time</u>	<u>Location</u>	<u>Facilitator(s)</u>
Bingo	10:30–11:30	Clubhouse	Aleta G.
Safe Space (2 nd & 4 th Fri./month: 1/13, 1/27, 2/10, 2/24, 3/10, 3/24)	11:00–12:00	Hald 2	Naomi B.
Lunch	12:00–12:30	Clubhouse	Social Program Staff
Pool	12:30–2:00	Clubhouse	Social Program Staff
ArtShip	1:00–2:00	Art Studio	Kyle B.
Movie Matinee	2:00–4:00	Clubhouse	Social Program Staff
Open Computer Lab	1:00–4:00	CLC	Tom W.
Young Adult Group	1:00–4:00	See Schedule	Kevin T.
CSN Rainbow Committee (2 nd Fri./month: 1/13, 2/10, 3/10)	3:00–4:00	Hald 2	Naomi B.
Music Makers	3:00–4:00	McDowell	Mary M.
Dinner	4:00–4:30	Clubhouse	Social Program Staff
WEEKENDS & HOLIDAYS Hours: 10 AM–1:30 PM Holiday hours will occur on: Monday, January 2 For Clubhouse access, dial 1252 on the call box keypad at the Elm Street Gate.			
Drop-in/Pool (Sat.)	10:00–1:30	Clubhouse	Social Program Staff
Drop-in/Movie (Sun.)	10:00–1:30	Clubhouse	Social Program Staff
Lunch (Sat., Sun. & Holidays)	11:30–12:00	Clubhouse	Social Program Staff

Monday Evening Social Calendar

Mondays @ 5:30 PM in the Clubhouse

Relax and enjoy good company, performances, presentations & entertainment!

January

- 1/2 NO EVENING PROGRAMMING (Holiday Hours: 10 AM–1:30 PM)
- 1/9 Talent Show & Karaoke Night
- 1/16 Game Night
- 1/23 Yoga Therapy with Debby
- 1/30 Mind Matters Dance Group

February

- 2/6 Rosa Parks and Civil Rights Presentation
- 2/13 Valentine's Day Dance
- 2/20 Hula Ohana Dance
- 2/27 Games Night

March

- 3/6 Talent Show & Karaoke Night
- 3/13 Saint Patrick's Day Dance
- 3/20 Ice Cream Social
- 3/27 Spring Dance