

Blue Sky Group Homes

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News and Updates

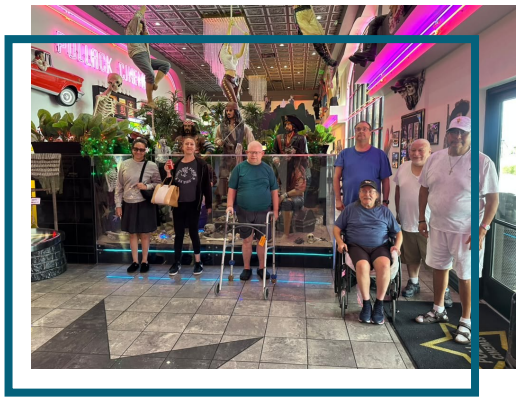
September was another fun and active month at Blue Sky, with plenty of outings, activities, celebrations, and time spent together. As the weather gradually became cooler throughout the month, residents were able to enjoy more time outside and take part in more community outings.

Residents enjoyed several outings during September, including trips to local farms, restaurant outings, and a pool outing. We also had some special time with puppies, which brought plenty of smiles and excitement. Back at home, residents stayed busy with daily activities, and social time.

Our groups this month focused on coping skills and stress management. Residents learned about healthy coping skills, discussed ways to manage stress, and participated in activities focused on choosing helpful responses to stressful situations.

Overall, September was filled with good food, fresh air, fun outings, meaningful activities, celebrations, and lots of great moments together. We hope you enjoy looking back at some of our favorite September memories at Blue Sky!

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Groups

Groups are held several times throughout the week at Blue Sky. Here is a snapshot of some of our groups this month.

1. Healthy vs. Unhealthy Coping Skills

Residents learned the difference between healthy and unhealthy ways of coping with difficult emotions, stress, and challenging situations.

2. Coping Skills Inventory and Review of 100 Coping Skills

Residents reviewed a list of 100 coping skills and identified strategies they currently use, as well as new coping skills they may want to try.

3. Coping with Stress

Residents discussed common causes of stress and explored healthy ways to manage stress in their daily lives.

4. Stress Situation Saver Activity

Residents participated in an activity focused on identifying stressful situations and choosing appropriate coping skills that could help them respond in a healthier and more effective way.

