

Blue Sky Behavioral Blue Sky News

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July News

This month wasn't quite as busy with outings as last month, and we had a lot more focus on groups and focusing on learning and reminding us of our goals and working on more progress. See last page for more info on our groups this month.

We have our Moca club that loves to get their iced coffee. Every Thursday it is a tradition, and usually they visit a different coffee shop and usually will go for a drive. This has become the tour de Moca and our residents are quite the coffee connoisseurs.

We have tried a few new restaurants lately one being a Seafood restaurant that was very good, and another was a Mexican restaurant, Café Rio, which you can tell by the picture on the right brought some big smiles. More adventures to come!



Seafood Market



MOCA



Groups

This month we had great participation in groups and continue to work on our goals, mindfulness and learning. Having a quick learning topic each time a group has become very popular and we have been learning lots of fun facts about famous people in history such as Ben Franklin, Ann Frank, Abraham Lincoln, as well and people that are currently in our lives such as Steve Jobs or Mother Teresa. Some of the topics are requested b the residents that interest them or perhaps something that affects their lives such as Heat Waves or Monsoons. It is important to be learning continually.

We have also been doing worksheets and working on decisions making and steps to take. Another discussion was taking responsibility for our actions and the steps we can take. We have reviewed out coping skills and made reminder cards of our goals to help us achieve them. Overall a great month and great progress made.

