



OASIS Community Center Presents:

Feel Good Fridays

October 2020 - Virtual Workshops

October 2nd: Five Steps to Your Joyful Self

Guest Presenter: Cristy Mette

Christy will share her tips for reconnecting to your joyful self. Her topics will include:

Honor Yourself * Heal Wounds * Clear your Mind * Step out of Comfort Zone * Be Silly
Participants should dress comfy and to have a journal or pen and paper on hand.

October 9th: Step Up Recovery with Mindfulness

Has your recovery reached a plateau? Do you feel like you're going through the motions but not getting what you want out of it? Let's take it to a new level. Adding mindfulness can reboot your enthusiasm and re-energize you on your journey of recovery. Join me to learn about 6 different mindfulness practices to get you back on track.

October 16th: Creativity as Self-Care: A Prescription for Fun

Does everyday life make you feel like you are stuck in a rut? Have you parked your creativity on a shelf and cast out fun as a waste of time? Does the idea of learning something new fire you up? Maybe some play time and a creativity infusion is just what the doctor ordered. Doing something creative can be excellent emotional self-care! Join me to learn about the benefits of creativity and to figure out how to carve out time for a little fun.

October 23rd: Setting Boundaries: The Ultimate Self-Care

Guest Presenter: Meg Lewis, Certified Recovery & Life Coach

Having healthy boundaries is a way of letting the world know how you expect to be treated. You recognize your needs and communicate them. We will discuss:

- What are boundaries?
- How do they play a role in our life?
- Types of boundaries?
- Identify where boundaries need to be made.
- Creating new boundaries.
- Sticking to our boundaries.

Learn how to identify areas where boundaries can help you nurture your well-being.

October 30th: Love Another Way PowerTips

PowerTips for moving from "Mom Code" parenting to more effective "Love Another Way" strategies when parenting an addicted "child." Learn the *Love Another Way PowerTips* that help us start to connect what most of us understand in our heads to what many of us struggle to connect to our hearts. Presented by Barbara Decker, parent recovery advocate. You can view her website at: www.livewellandfully.com.

