

Santa Fe Clubhouse PSR "ACTIVE ARTS" Schedule, November 2020

Meeting ID: 867 1814 3482

Passcode: 907637

Call in phone number +13462487799

Monday	Tuesday	Wednesday	Thursday	Friday
Life Lessons for Unsettled Times 10:00am-11:00am Michelle Relkin and Art	Poetry Group 10:0am-11:00am Robyn	Non-Violent Communication 10:00am-11:00am Robyn	4 Agreements 10:00am- 11:00am Candice	
TED Talks 11:00am-12:00pm Beth	Grief and Loss Support Group 11:00-Noon Krista	Meditation Group 11:00-12:00 Laura	Tranquility Group Coping with Stress and Anxiety 11:00am-12:00pm Laura	Skill Building Group 11:00am-12:00pm Robyn
Hearing Voices 12:00-1:00 Pamela	Hangout Group 12:00pm-1:00pm Robyn	Hangout Group 12:00pm-1:00pm Candice	Hangout Group 12:00pm-1:00pm Teresa	Mandala Meditation 12:00pm-1:15pm Beth
Write for Your Life 1:00-2:00 Laura	Easy does it Yoga 1:30pm-2:30pm Candice/Laura	Intentional Living: <i>Identify your goals and make them happen!</i> 1:00-2:00 Laura <i>This group does not meet on the first wednesday of the month</i>	Art Group 1:00pm-2:30pm Robyn	No Limits Job Group 1:30pm- 2:30pm Candice/Teresa/Beth
Navigating and keeping yourself safe in the world of scams and disinformation. 2:00pm-3:00pm Candice	LGBTQIA Support Group 2:30pm-3:30pm Robyn	Member/Staff Meeting 2:00pm-3:00pm Candice		Joy of Karaoke Singing group 2:30 pm-3:30pm Beth

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- **4 agreements:** Explore self limiting beliefs that rob us of joy and create needless suffering. The 4 agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.
- **Ted talks:** Members participate as a group in viewing a TED Talk. An open discussion about the video is encouraged by all members for the purpose of education and to promote verbal communication skills
- **Write for Your Life:** We all have experienced past challenges - even traumas - which, if unresolved, can adversely affect our present lives. Writing our stories in a safe, uncensored environment gives us the opportunity to view the past with a new perspective and to potentially allow healing.
- **Hangout:** In the clubhouse hang-out group, you will be able to stay connected. Make contact with your clubhouse friends and clubhouse staff - During the hang-out time you can share about what your weeks have been like during covid, talk about how you've been, and how you are managing your days. Clubhouse members are a great source of support and encouragement for each other! Drop by, have lunch, and catch-up with each other.
- **Meditation: Being with Reality** Living in peace and harmony is what we all seek, yet can be so difficult to achieve. Instead, we often resist the reality of everyday life, experiencing tension, frustration and anxiety when we cannot get what we want and when we do get what we don't want. Especially in this time of challenge and upheaval, it is important to find effective ways of dealing with - instead of resisting - reality. This group will look at how we can work with the challenges of everyday life through discussion and the practice of meditation.
- **Member/staff Meeting:** Discuss Clubhouse related issues and any groups members would like to see on the schedule. This is your time to have a voice and influence what the virtual clubhouse is like.
- **No Limits Work Group:** Skill building group for those participating in the paid work group. This group is mandatory.
- **Life Lessons for Unsettled Times:** is a one hour session using art and mindfulness to deal with the social unrest we are going through.
- **Easy Does it Yoga:** Members will be guided through gentle stretching and chair style yoga.
- **Navigating and keeping yourself safe in the world of scams and disinformation:** Let's explore some of the common scams many people fall victim to and how to keep yourself safe from them, hacking- how easy it is, and disinformation from social media sources.
- **Non-Violent Communication:** Members explore compassionate communication by identifying feelings, needs and requests. Members also explore how to apply this process to daily life.
- **Intentional Living:** We all want to move forward with creating the life we seek, but sometimes challenges on the path forward seem overwhelming. In this group, we create small, measurable, realistic goals that we can be completed in one week. We have the opportunity to share these goals with the group and a week later, share what occurred. *This is a judgment-free group!* Success is measured by what we learn - rather than by what we “accomplish”.
- **Tranquility:** It is no secret that modern life often involves experiencing stress. Yet stress is an *internal* phenomenon - we ourselves create it. Stress is but one response to situations where we don't get what we want or we do get what we don't want. In this group, we work with various techniques that enhance resiliency and reduce stress. A different topic is presented each week.
- **Art group:** This group is for artists of all skill levels! Each week a new art project or topic will be presented and members will work on the project of their choice. From experienced painters to beginners, this group is a judgment-free zone open to all.
- **Skill building Group:** How do we find peace amidst chaos? During difficult times, it is crucial to have a skill set we can draw from. In this group, members explore and practice various coping skills including distress tolerance, emotional regulation, and reality acceptance skills.
- **Karaoke:** Members share their favorite songs by taking turns picking songs to play for each other. Members can sing, dance, both, or simply listen. It's all about sharing the joy of music with each other. The purpose is to promote fellowship among members and reduce stress and anxiety.