

# The Empowerment Center

## Description of Offerings

Daily Check-In: An opportunity for members to share and express how they feel at that moment and to engage with other members.

Help Yourself: A variety of video presentations that serve the purpose of self exploration and engaging conversation.

Mindful Walking: Members get in touch with nature and themselves through exploring the outside world.

Open Art Studio: A chance for members to work in a variety of mediums to connect with their creative side.

Cards for Humanity: Members are provided an opportunity to design, compose and send a greeting card to a person of their choice.

Express Yourself: Writing on a variety of topics chosen by participants or suggested by a facilitator for the purpose of creativity, self expression and processing.

How To Get A Head: Members are provided with a styrofoam head that they can design and decorate as they please.

Hey Let's Color! : This is an activity intended to be fun and whimsical. Members are invited to utilize our collection of adult coloring books to revisit the youthful pleasure of coloring.

Horsing Around: This activity involves a gentle mindful game of horse where members play on our outdoor basketball court.