

Gain knowledge and develop life skills through a variety of classes.
Contact us today to register for these fall classes.

Mindfulness for Independence

Tuesdays, January 3 - February 7, 6:00 p.m. - 7:30 p.m.

A six-week workshop combining techniques from yoga, meditation, Art Therapy and visualization to foster confidence and independence. Students will learn how to cope with stress, build relationships, and connect with themselves in a meaningful way. This class will be particularly beneficial for adults suffering from depression, ADD and social anxiety.

Cost: \$75 for a 6-week course

Led by: Jessica Caimi, Holistic Wellness Coach and Registered Yoga Instructor

Food for Thought

Tuesdays, January 3 - March 21, Noon - 12:45 p.m.

A combination teaching and coaching experience that will focus on helping you feel your best. Participants will learn what foods positively and negatively impact mood, energy, and overall wellbeing and how to incorporate mindful eating into everyday life. Benefits include improved mental clarity, mood, energy, and vitality. A great way to combat winter blues!

Cost: \$60 for a 12-week course

Led by: Jessica Caimi, Holistic Wellness Coach and Registered Yoga Instructor

Speaking Up-Speaking Out

Thursdays, January 5 - February 9, 6:30 p.m. - 8:00 p.m.

This class will give you the tools to set goals to achieve the life you want, identify steps to take to be successful in reaching your goals, and learn problem solving techniques when something or someone stands in your way.

Cost: \$75

Led by: Sharon Spurlock, social justice advocate and family support specialist
Andrew Naes, advocate with problem solving experience

Exploring the Arts as a Hobby

Tuesdays, January 17 - February 21, 4:30 p.m. - 6:00 p.m.

Hobbies are a great way to relax, reduce stress, exercise your brain, and make connections to other people with similar interests. This 6-week class will give participants a chance to try out several arts-based hobbies that are low on cost but high on fun! Some of the activities will include fused glass, scrapbooking, and adult coloring.

Cost: \$75 plus \$15 materials fee

Led by: Lisa Miller, personal event planner with design and decoration experience

To register for an upcoming course, please contact
Beth Moeller, Director of Community Living at 314-817-2271 or bmoeller@slarc.org.

Unless otherwise noted, all classes are held at the
St. Louis Arc Family Center, 1177 N. Warson, St. Louis, MO 63132.

Building Friends Into Your Life

Thursdays, January 26 - March 2, 1:00 p.m. - 2:00 p.m.

Making friends as an adult is not easy and positive relationships can be a challenge. Building friendships benefit us in every way, including helping us become successful! Join us for this 6 week class to learn valuable skills for connecting with others and explore how to build friendships.

Cost: \$75

Led by: Amanda Griffith, Professional Coach

Networking, Resumes, and Interviewing

Thursdays, January 26 - March 2, 2:00 p.m. - 3:00 p.m.

There is a lot more to a job search than filling out an application. Join us for this 6 week course exploring best practices in networking, resume development and interviewing skills. This is a hands-on workshop where we will practice the skills of getting a job.

Cost: \$75

Led by: Andrea Slate, Amanda Griffith, Beth Moeller

How to Make Conversation

Thursdays, March 9 - April 13, 6:00 p.m. - 7:30 p.m.

We all want to express ourselves and be heard. Join us for this 6 week course exploring and practicing the skills of the wide range of communication from answering the phone and making small talk to sharing how you feel with someone close to you.

Cost: \$75

Led by: Beth Moeller, Certified Daring Way™ Facilitator

Creative Movement

Tuesdays, March 21 - April 25, 6:30 p.m. - 7:30 p.m.

Principles of dance are used in this fun class that emphasizes exercise, musicality, creativity and body-mind connection.

Cost: \$75

Led by: Stacy West and Nicholas Kaminsky of MADCO Dance Company

Meet Up Groups

Various groups meet each month to discuss roommate searches, healthy living, and more. Check our Facebook page, www.facebook.com/CONNECTStLouisArc/ and our Meetup page, <http://www.meetup.com/CONNECT-at-St-Louis-Arc/> for upcoming dates.

To register for an upcoming course, please contact
Beth Moeller, Director of Community Living at 314-817-2271 or bmoeller@slarc.org.

Unless otherwise noted, all classes are held at the
St. Louis Arc Family Center, 1177 N. Warson, St. Louis, MO 63132.