

Clickable Links to Classes are available on [Virtual Classes Page](#)



2020 WEEKLY SCHEDULE OF GROUPS & CLASSES*

7139 West Oakland Park Boulevard • Lauderhill, FL 33313 • Tel: 954-746-2055 • Fax: 954-746-6373

www.9musesartcenter.org

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00-2:00PM Mental Health Matters With Katie	1:00-2:00PM It's My Life: Queer Edition With Almeda & Laura	1:00-2:00PM #B4Stage4 With Katie	1:00-2:00PM Life Skills With Almeda 6:00-7:00PM It's My Life: Queer Edition With Almeda & Laura	1:00-2:00PM Beyond Addiction With Katie
Mental Health Matters: https://join.skype.com/txhDzYDS68rn	It's My Life: https://join.skype.com/wNSeIRKfb3iC	#B4Stage4: https://join.skype.com/utnTjSpRXRM1	Life Skills: https://join.skype.com/BfaKvc3Znddi It's My Life: https://join.skype.com/wNSeIRKfb3iC	Beyond Addiction: https://join.skype.com/xepK8GtRfobY
Mental health and substance use disorders are often treated both separately from each other and separately from primary care. Living a healthy lifestyle and incorporating mental health tools to thrive may not be easy but can be achieved by gradually making small changes and building on those successes. Participating in a support group like Mental Health Matters provides encouragement, accountability, and motivation through group sharing. It's important to recognize your emotions, work to find the positive even when facing adversity, connect with others, and create healthy routines to take	Developed by Mental Health America to combat the isolation faced by those facing mental health challenges, "It's My Life" is about taking control and meeting your own goals. Part Life Coached course, part support group, "It's My Life" was made for those who want to live full lives despite stigma. This program has been expanded to include more LGBTQ+ language and issues. Open to adults of all orientations and identities, this FREE program can help you get out there and become who you want to be. PRELIMINARY INTERVIEW IS REQUIRED TO PARTICIPATE IN THIS PROGRAM.	Approximately 1 in 5 Americans live with mental illness. #B4Stage4 explores how we are changing the conversation and perception of mental health in America, and what have been the latest findings and advances to understand and detect mental disorders. Recognizing the symptoms of mental illness, early detection, and follow up care has been shown to reduce symptoms of mental illness, and the positive effects of treatment are still seen a year later. This support group aims to help people remain aware of their symptoms, effectively communicate with their health care providers, and stay connected to their communities.	Life skills are abilities for adaptive and positive behavior that enable humans to deal effectively with the demands and challenges of life. This class will cover topics such as: <ul style="list-style-type: none"> • Self-awareness • Empathy • Perspective • Critical Thinking • Creative Thinking • Decision Making • Problem Solving • Effective Communication • Interpersonal Relationships • Self-Directed Learning 	For many of us the concept of addiction involves taking drugs such as alcohol, nicotine, or illegal substances. As humans we can become addicted to just about anything! This group encompasses all habits, hang-ups and addiction related issues that might be negatively affecting you or someone you care about. Topics will vary from week to week and open discussions are encouraged. Everyone is welcome to join regardless of race, religion, sexual orientation or political preference. Attendees have the option to remain anonymous. As peers we have an opportunity to work together towards a common goal of regaining power over our lives and to support one another on the path to sobriety and wellness.

* Schedule Subject to Change • Latest Edition July 20th

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Wi-Fi network:
MHASEFLGUEST
p/w: internet954

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Hours of Operation: Monday - Friday 9:00am - 5:00pm • Saturday: 10:00am - 4:30pm • www.9musesartcenter.org

Member Phone: 954-746-9162

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30AM-12:00PM: Session 1 •Clay Creations •Creative Writing 2:00-5:00PM: Session 2 •Clay Creations •Creative Writing	9:30AM-12:00PM: Session 1 •Critique & Explore •Mindful Movement 2:00-5:00PM: Session 2 •Critique & Explore •Mindful Movement 6:00-8:00PM: Depression Support	9:30AM-12:00PM: Session 1 •Painting •WRAP Lab <i>(Wellness Recovery Action Plan)</i> 2:00-5:00PM: Session 2 •Painting •WRAP Lab <i>(Wellness Recovery Action Plan)</i>	9:30AM-12:00PM: Session 1 •Drawing •WHAM <i>(Whole Health Action Management)</i> 2:00-5:00PM: Session 2 •Drawing •WHAM <i>(Whole Health Action Management)</i> 6:00-8:00PM: Anxiety Support	9:30AM-12:00PM: Session 1 •Clay Creations •Music Lessons •Vocal Lessons 2:00-5:00PM: Session 2 •Clay Creations •Music Lessons •Vocal Lessons	10:30AM-12:30PM: Session 1 •Pastels •Acting 2:30-4:30PM: Session 2 •Pastels •Acting

All classes will stream on SKYPE.

Please contact us if you fall into a higher risk category and would like to receive a supply package to support your creativity while you continue to shelter in place and utilize our Virtual Services.

Clay Creations: https://join.skype.com/xH71V2KwGeLK Creative Writing: https://join.skype.com/r1nGzjj4WR8r	Critique & Explore: https://join.skype.com/APUCkuJ4e5Ct Mindful Movement: https://join.skype.com/yawoScG4yhGy	Painting: https://join.skype.com/uQvL4YVJcXaU WRAP Lab: https://join.skype.com/u1HGtEVrIKY	Drawing: https://join.skype.com/zpAHQ6RZ0ukM WHAM: https://join.skype.com/qWR5tcmzyYDZ	Clay Creations: https://join.skype.com/xH71V2KwGeLK Music Lessons: https://join.skype.com/B5dcOO2aqlS4	Pastels: https://join.skype.com/gevVJhELzyVE Acting: https://join.skype.com/AADyEzCnN9tI	
<ul style="list-style-type: none"> No walk-ins will be allowed during this time. Everyone must participate in a quick health screening before entering the center. The screening consists of a brief set of questions and (non-touch) temperature check. Everyone is required to wear a face mask and practice physical distancing while participating in our activities. Members will not be permitted to re-enter the building if they choose to leave for any reasons during scheduled time. We cannot permit eating or drinking while at the Muses. 			<ul style="list-style-type: none"> Members are required to register for all classes in advance by completing the registration form at 9MusesArtCenter.com. Members can choose, using the drop-down menu, one program/activity per day. Select either the morning or the afternoon time. Participation is limited -- therefore we ask that if you are not able to keep your scheduled time, you notify us in order to offer the time slot to those placed on our waiting list. Please note: your registration is not valid until you have received a confirmation email. 		<p>TUESDAY & THURSDAY NIGHT'S SUPPORT GROUPS WILL BE HELD ON SKYPE WITH RICK & PAM https://join.skype.com/vdvhEm5YXTUu Please Click Link to Join</p>	

* Schedule Subject to Change-Call to Confirm • Latest Edition Junly20th