

# DISCOVER YOU

THE  
PIETERS FAMILY *life center*

## Fall 2018 - Spring 2019 - Class Schedule

Class days and times vary; please see details for each class below.

### Stir It Up

Tuesdays, Sept. 18 – Oct. 23 (six weeks)

6 -7:30 p.m.

Embrace your inner chef!! Stir it Up will teach you how to plan and make simple, healthy meals while developing basic skills needed in the kitchen. This experience will build your confidence working in the kitchen. Learning opportunities include: cooking new meals, meal hosting, and learning to make healthy choices while shopping efficiently.

1. Create a recipe collection
2. Develop skills in safe food handling, cutting, and clean up
3. Practice proper mealtime manners (setting the table, mealtime discussion, and portion control)

Instructor: Maria Rosa Capozzolo MA CCC-SLP

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## Healthy Mind: Understanding My Mental Health

Thursdays, Sept 20 – Nov. 8 (eight weeks)

6 – 7 p.m.

Handling stress, solving problems, getting along with others, coping with disappointments and keeping a balanced life are part of everyone's day-to-day challenges. Students will learn about mental health wellness and what it can mean for their lives, how to make the best use of mental and physical health services, specific strategies for how to stay well, and understand how these skills will help them achieve their personal goals.

*Note: this class is designed for individuals who have been diagnosed with a mental illness, such as (but not limited to) depression, anxiety and mood disorders, obsessive-compulsive disorders, impulse-control disorders, etc.*

### Objectives

1. Learn how to manage the challenges and disappointments of everyday life
2. Decrease symptoms of a mental health problem
3. Learn how to keep your life in balance by learning how to make the best use of mental and physical health services

Instructor: Justin Emerling

## Healthy Relationships

Thursdays, March 7 – April 25 (eight weeks)

6 - 7 p.m.

A team of behavior intervention specialists will teach participants the foundations of successful interactions with others, including some basic conversation skills. Topics will also focus on developing relationships, as well as how to maintain healthy relationships through mutual reciprocity, appreciation, common interests, trust, and respect.

### Objectives

1. Learn and identify the factors involved in healthy, reciprocal relationships
2. Learn and identify approaches to successfully engage with others
3. Learn and identify skills to develop and maintain relationships

Lead Instructor: Stephanie Daniels, MS. Ed.

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## Safety Life Skills

**Tuesdays, March 19 – April 23**

**6 - 7:30 p.m.**

Life happens, and knowing what to do when something goes wrong gives peace of mind. Students will learn life's essential safety skills that support greater independence while at home and in the community.

### Objectives

1. Learn basic first aid and personal safety strategies for home and community
2. Learn to protect your identity when using technology (cell phone, computer, etc.)
3. Learn how to react during a variety of emergencies such as power outages, smelling gas, fires, floods or problems with household appliances

Instructor: Joe Borelli

## Tech Savvy

**Mondays, May 6 – June 27 (NO class on May 27)**

**6 - 7:30 p.m.**

Technology has become an integral part of our lives. Email, Internet use, cell phones and social media are used daily. While social media is fun and exciting - did you know that the way you present yourself says a lot about who you are? This course aims to prepare you to be a safe and responsible user of cell phones, email, the Internet, Facebook, Twitter and Snapchat, etc.

### Objectives

1. Expand on basic technology skills - types of devices and how to use them effectively (i.e., computers, tablets, cell phones).
2. Understand social media outlets (i.e., Facebook, Twitter, Snapchat, Instagram, YouTube) - what to post, what to avoid and how to stay safe.
3. Learn how to navigate the Internet effectively - how to explore, what to avoid and how to stay safe.

Instructor: Jessie Walker