

**THE GOALS CENTER WINTER SCHEDULE JANUARY 2- MARCH 28,2014**

**MONDAY**

9:00 Skills of Human Interaction... Are you competitive ? Co-operative? Can you resolve conflicts? We will use games as a tool to help us learn skills of co-operation, resolving differences, and improving our social skills in a format of fun and learning.

10:00 Habits of Success...We will continue to read the book: The 7 Habits of Highly Effective People. We will explore some of the unhealthy patterns we currently engage in, and how to change them. We will work towards focusing on our core values and principles that can guide us to a more fulfilling life.

11:00 Coping and Resilience to Reduce Stress ...Improve the skills in your 'Coping tool box". Coping with everyday stressors is a lifelong skill! Learn to be effective in your stress reduction methods. Learn how to reframe issues and proactively use stress in your life.

**TUESDAY**

9:00-10:30 Employment Success Thinking of getting a job? Learn to identify your skills and challenges. Define the job that is right for you. Learn effective job searching methods, create a powerful resume, and portfolio. Learn communication skills to succeed in an interview, how to follow up after the interview, and other employment related skills.

10:30-12:00 Creative Writing... Learn to improve your self-expression through writing! Gain a better understanding of self and others through shared thoughts, opinions, and emotions. Creative writing can help students gain confidence in their writing abilities, and boost self-esteem.

**WEDNESDAY**

9:00 Math without Fear III...Learn about percentages, averages, graphs, order of operations, statistics, probability and more.... We will conduct hands on measurement skills for use in everyday life, cooking, and shopping. Class will help those who want to be a better informed shopper, work on GED preparation, or the College Placement Exam.

10:00- Healthy lifestyles ...Improve your health and wellness! The most current information on health issues, nutrition, and positive lifestyle choices will be shared so that you can make well informed, empowered choices to pursue a health conscious lifestyle. YOU are in charge of your health- learn how to assert yourself as you pursue healthier options in your life!

11:00-Leisure Education... A healthy leisure lifestyle is essential to making the most of your "free time". It helps to maintain, and enhance your recovery. Examine your leisure needs, interests, and attitudes as we discover new ways to enrich your life through recreational activities. Community exploration is also an integral part of this class.

**THURSDAY**     **9:00-10:30 Computer Learning** Learn to use a desktop and laptop for use at home or the office! Learn how to access the internet using a network cable internet service, “wi fi”, or hot spot signal. Topics taught will include: letter writing, basic office skills, how to use different search engines, saving on line resources to various places on the computer, thumb drive, or CD-R/CD-RW and more!

**10:30-12:00 Reading Short Stories**- Reading promotes recovery! It helps us to develop and improve concentration, focus, and stimulate our imagination and problem solving abilities. It enables us to broaden our horizons of the world, and develop an understanding of our place in it.

**FRIDAY**     **9:00 - News/ Current event**...Know what is going on in the world...we will review news events of the day, week – local and internationally. Be aware of what goes on in your local community, NY State, and the world. It’s good to be in the know, and also a great way to develop and refine your social skills as we share thoughts and opinions on the news in a friendly environment.

**10:00 Science** Learn how living things are grouped into “Five Kingdoms”- learn about invertebrates, vertebrates, flora, fauna, ecology, and conservation! Learn about the Earth and its resources, the atmosphere, solar system , and the vocabulary to describe the science we are learning about. Great prep for the GED!

**11: 00 Wellness Self-Management**... Continuation of the OMH curriculum...Take control of your life and your recovery. We will discuss ways to use coping skills for improving physical and mental health in a positive format of hope and recovery. Class continues form last semester.

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**Smoking Cessation Assistance Available!**

**There will be no classes on the following holidays:**

<b>January 1, 2014</b>	<b>Happy New Year!</b>
<b>January 20, 2014</b>	<b>Martin Luther King Day</b>
<b>February 17, 2014</b>	<b>Presidents Day</b>

**Phone number to check for emergency weather closures of ECC City Campus 270-5736**

<b>David Clark, COTA</b>	<b>851-1283</b>
<b>Janine Ortman,CTRS</b>	<b>851-1298</b>
<b>Gary Mulrain, Voc. Teacher</b>	<b>851-1297</b>

