

# JUNE 2023



**PRIDE**  
MONTH

MON	TUE	WED	THU	FRI
			1	2 MOVIE DAY
5 PENS & PAGES 11AM - 12PM 3PM - 4PM	6 NXT (ORIENTATION) 12PM - 3PM	7 STRATEGIC SHARING TRAINING 1PM - 4PM	8	9
12	13 SAFER SEX WORKSHOP 1PM - 3PM	14 WRASSLIN WEDNESDAY 11AM - 12PM 3PM - 4PM	15 WAYFINDERS CAR OWNERSHIP AND FASFA 1PM - 3PM	16 TAKE A BREATH 11AM - 12PM 3PM - 4PM
19 CENTER CLOSED! JUNETEENTH	20 NXT 12PM - 3PM	21 CLOSED	22 CLOSED	23 CLOSED
26 MANCAVE MONDAY 11AM - 12PM 3PM - 4PM	27 NXT 12PM - 3PM	28	29 BRUSH HOUR 11AM - 12PM 3PM - 4PM	30 MOVIE DAY

TIME TO Celebrate

3rd JUNE  
Springfield, LGBTQ+ Pride Parade!

9th JUNE  
Chicopee Pride Fest 2023

10th JUNE  
Franklin County Pride Parade 2023

41 TAYLOR STREET | SPRINGFIELD, MA | (413) 654-1566



# EXTERNAL GROUPS

- *Tapestry: Sex Ed:* The Tapestry will facilitate a conversation around LGBTQIA2S+ and Safer Sex workshop. This group was designed to educate our youth and young adults while empowering & encouraging them to make safe and informed decisions about their health. If you or anyone is interested please email Christina @ [cdillon@gandaracenter.org](mailto:cdillon@gandaracenter.org)
- *Wayfinders; Car ownership and FASFA:* Ready to buy your first car but don't know where to start? Or maybe you're considering furthering your education at the local community college. Having a hard time understanding the process of FASA? Come join us as Wayfinders presents the importance of both and the steps you need to take to get there!

# ON-GOING GROUPS

- *Movie Night:* We will offer movies all day for our YA every other Friday.
- *Brush Hour:* Young adults will participate in step-by-step art projects. These projects help relax and recharge.
- *Take a Breath:* YA can engage in multiple conversations reflecting on their mental health and/or recovery with their peers and learn to exchange grounding skills when facing day-to-day hardships.
- *Mancave Monday:* A group created to serve as a safe space for anyone who identifies as male to discuss topics they wouldn't normally feel comfortable discussing around others. The group also serves as a safe space where the young adults can learn the skills necessary to assist them in reaching their goals.
- *Wrasslin Wednesdays:* Is a group which will discuss the different dimensions of professional wrestling including storytelling, production quality, video packages, etc. and correlating it to life lessons for our young adults that detail "being a person of your word", "knowing when to react", and "always being yourself".
- *Pens and Pages:* provides a space youth can be creative in expressing themselves through music, journaling or writing. Writing helps control your symptoms and improve your mood by helping you prioritize problems, feelings, and concerns. Youth will be able to track any symptoms day-to-day so that they can recognize triggers and learn ways to better control them. Providing an opportunity for positive self-talk and identifying negative thoughts.
- *NXT:* Is a group that meets weekly to focus on the next steps for young adults in Employment and Education. Using HYPE (Helping Youth on the Path to Employment), the group helps prepare young adults with resume building, calendaring, and other skills necessary for employment and education.