

M.I.N.D. Calendar Index

April 2025

SELF-DISCOVERY & IDENTITY

CHANGING MINDS Exploring Identity – Join us for open conversations on how stigma shapes identity, seeing yourself beyond labels, and the journey to self-acceptance. ★ ★	LIFE SKILLS Strengths & Confidence – Learn how to recognize your personal strengths and build confidence in everyday life through simple tools and reflection. ★ ★	CREATIVE CORNER An open art session where you can explore different materials and work on your own projects in a peaceful and creative environment. All skill levels are welcome! ★ ★	DIAMOND PAINTING A mindful, creative activity using tiny gems to create beautiful artwork. A great way to relax and focus. ★ ★ ★
TANGLED UP IN THREAD Relax and create with knitting, crochet, and cross-stitch. Bring a project or start fresh—everyone is welcome! ★ ★ ★	PIECE OF ME COLLAGE Create a collage that reflects who you are using magazines, words, and art. No art skills needed—just bring yourself! ★ ★ ★	SONGS THAT TELL MY STORY Share a song that represents you or your journey. Whether you sing along or just listen, music brings us together! ★ ★ ★ ★	KARAOKE: SING YOUR STORY Pick a song that speaks to you or just have fun singing with friends! No pressure, just good vibes. ★ ★ ★ ★ ★
DECORATE YOUR OWN COOKIE OR CUPCAKE Get creative and decorate a cookie that reflects your personality or mood. Fun, tasty, and totally you! ★ ★ ★ ★	EMOTION CHARADES: ACT IT OUT Act out different emotions and let others guess! A fun way to explore feelings and self-expression. ★ ★ ★ ★	VISION BOARD PARTY Create a board filled with pictures, words, and dreams that represent who you are and what you want for the future. ★ ★ ★ ★	DIY SANDWICH & WRAP CREATIONS Build a sandwich or wrap that reflects your personal style—choose your favorite ingredients and make it your own! ★ ★ ★ ★
BINGO Join us for a fun and relaxed game of Bingo with prizes and good company! ★ ★ ★ ★	JEOPARDY WITH JESS Test your knowledge in this fun, fast-paced trivia game with Jess! Play solo or in teams—laughs and friendly competition guaranteed. ★ ★ ★ ★		

SENSORY RATING SCALE: Each activity is rated for sensory stimulation to help you choose what's most comfortable for you.

- 1 STAR ★ Very low sensory stimulation (quiet, calm, relaxing).
- 2 STAR ★ ★ Low sensory stimulation (minimal noise, relaxed pace).
- 3 STAR ★ ★ ★ Moderate sensory stimulation (some activity and interaction).
- 4 STAR ★ ★ ★ ★ High sensory stimulation (louder, more engaging or interactive)
- 5 STAR ★ ★ ★ ★ ★ Very high sensory stimulation (active, lively, high energy).