

# Exciting HALI News!

**Starting Monday, May 3<sup>rd</sup> we will have a hybrid schedule that includes virtual and in person groups. To attend in person groups, you must pre-register as space is limited.**



**To register or with any questions about HALI Connections, call our office at 631-234-1925  
Or email Alex Frisina at [afrisina@hali88.org](mailto:afrisina@hali88.org)**



# HALI Connection

May 2021

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| 3  | 4   | 5  | 6  | 7  |
| <p><b>9:00 am – 9:30 am</b><br/>Coffee Talk – Lets Talk About Smoking<br/><a href="https://zoom.us/j/96947494471">https://zoom.us/j/96947494471</a></p> <p><b>10:30 am – 12:00 pm</b><br/>Globe-Trotters</p> <p><b>1:00 pm – 2:00 pm</b><br/>Esteem or Not Esteem that is the Question?</p> <p><b>3:00 pm – 4:00 pm</b><br/>Speak and Be Heard<br/><a href="https://zoom.us/j/93856170184">https://zoom.us/j/93856170184</a></p> | <p><b>10:00 am – 11:00 am</b><br/>Surviving Grief</p> <p><b>1:00 pm – 2:00 pm</b><br/>Community of Words</p> <p><b>3:00 pm – 4:00 pm</b><br/>APS Study Group<br/><a href="https://zoom.us/j/99944960564">https://zoom.us/j/99944960564</a></p> <p><b>3:00 pm – 4:00 pm</b><br/>From Job Search to Interview<br/><a href="https://zoom.us/j/92182080381">https://zoom.us/j/92182080381</a></p> | <p><b>10:00 am - 11:00 am</b><br/>Advocating Through Art</p> <p><b>12:00 pm - 2:00 pm</b><br/>2021 HALI Vegetable Garden Sponsored by CCE of Suffolk</p> <p><b>3:00 pm – 4:00 pm</b><br/>Overcoming Anger: Discovering Empowerment<br/><a href="https://zoom.us/j/92017768159">https://zoom.us/j/92017768159</a></p>                           | <p><b>10:00am - 11:00 am</b><br/>Stories of Change</p> <p><b>1:00 pm - 2:00 pm</b><br/>Navigating and Advocating</p> <p><b>3:00 pm – 4:00 pm</b><br/>MyBody Program Presents: Cooking with HALI<br/><a href="https://zoom.us/j/97365625170">https://zoom.us/j/97365625170</a></p> <p><b>6:00 pm – 7:00 pm</b><br/>Social Justice Coalition<br/><a href="https://zoom.us/j/99431100054">https://zoom.us/j/99431100054</a></p> | <p><b>10:00 pm - 11:00 pm</b><br/>Womans Empowerment Group<br/><a href="https://zoom.us/j/92249850879">https://zoom.us/j/92249850879</a></p> <p><b>12:00 pm - 1:00 pm</b><br/>Namas-Friday<br/><a href="https://zoom.us/j/94096277920">https://zoom.us/j/94096277920</a></p> <p><b>2:00 pm – 3:00 pm</b><br/>The Game Show Hosted by Mr. Sal<br/><a href="https://zoom.us/j/98841134161">https://zoom.us/j/98841134161</a></p> |
| 10   | 11  | 12   | 13   | 14   |
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## HALI Connection

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|---|---|--|--|--|
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| <p>31</p> <p>No Programming</p>   |   |  |  |  |

In Person Groups

Virtual Groups



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# HALI Connection

## Group Descriptions (in alphabetical order)

**2021 HALI Vegetable Garden Sponsored by CCE of Suffolk County** Let's get down and dirty as we work to plant, maintain, and harvest the produce from our organic vegetable garden (If there is inclement weather join us on Zoom at <https://zoom.us/j/99029126836>)

**Academy of Peer Services Study Group** Are you interested in Peer work? Join us in facilitating meaningful discussions to deepen our understanding of the values and principles of Peer Support and enhancing our skills as we enter the peer workforce. Each week, we will conduct a brief overview of an APS core course, engage in conversation surrounding the week's assignment, provide tech support in navigating the website, and assign further reading with the goal of completing the 13 core courses and attaining our New York Peer Specialist Certification.

**Advocating Through Art** Did you know art has power beyond self-expression? Art has the power to lift people's voices and push for change. Together we will explore how our artistic abilities or interests can be utilized for tools of advocacy.

**Coffee Talk – Let's Talk About Smoking** Join us as we discuss questions like: "How does smoking help you?" "What does smoking do for your mood?" "When do you smoke?" Let's have a coffee and talk with no judgments and no wrong answers.

**Community of Words** Join us in exploring our creativity to express the words in our hearts. Let's create beautiful and meaningful words of art.

**Deal Hunters – OH SNAP!** Join us as we discuss ways to stretch SNAP benefits for the upcoming month.

**Esteem or Not Esteem, that is the Question?** What is Self Esteem. How do we got it, how do we lose it and how do we get it back? Our time together will be spent answering these questions and many more and these answers are the building blocks to your wellness.

**From Job Search to Interview** Searching for a job is a process with parts: "Discovery, Resume, Searching, Interviewing". Our discussion group will be an overview of the process and its parts, along with the opportunities to set up an appointment for personal more in-depth support in each area.

**Globe-Trotters** Ever wanted to walk across the world? How about some of world's top destinations (Grand Canyon, Golden State Bridge, Great Wall of China)? If so, join us at Lakeland County Park in Islandia, as we look to go the distance in this globe-trotting adventure. (If there is inclement weather join us on Zoom at - <https://zoom.us/j/97297236867>)

**MyBody Program Presents: Cooking with HALI** Join celebrity host Kris Bly and HALI renowned chef Larita Brown as they prepare quick, easy, and healthy meals.



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## HALI Connection

**Namas-Friday** The word Zen means, Peaceful and Calm. Meditation is a way to invite that into life. Meditation is beneficial, it is one of the best tools to support your health. There are many ways to meditate, during this time, we will look at and try different types of mediation. Join us in finding your Zen.

**Navigating and Advocating** Navigating the Mental Health system can be challenging at times and downright discouraging. This group is designed to not only share your experiences but also share the benefits of seeking supports. This group will also help build understanding of what's out there and also to help identify and learn what "ALL THOSE LETTERS MEAN?" This group is an open forum that allows all involved to offer support and expertise.

**Overcoming Anger; Discovering Empowerment** Together we will explore opportunities to better understand our reactions and skills to allow our actions to be constructive and empowering for ourselves and others.

**Social Justice Coalition** Explore your passion for creating change. Many people want to be activists, but sometimes it can be difficult to figure out how to get involved. Join the Social Justice Coalition as we work together to address topics we are passionate about.

**Speak and Be Heard** Our voices have value and power. Learn skills on how to advocate for yourself and others. In this group people will be supported in leading a virtual group on a topic they are passionate about, learn what it takes to plan and lead a group discussion.

**Stories of Change** Speak your experience to power, in this group we will create space for people to share with the goal of using our experience to highlight issues we can strive to change. Discussions like this are the foundation change is built on, join this movement and use your story to fuel change.

**Surviving Grief** Loss is hard, grief can range from loss of normality during COVID to missing loved ones during the Holiday season and so much more. Join our peer lead group to connect with others and feel supported as you navigate your experience

**The Game Show Hosted by Mr Sal** It's Friday, it's time to "Chill." Start your weekend early with, "The Game Show!" Anything goes at "The Game Show"(well... almost anything). Come join us for fun games, interesting people, and an exciting way to start your weekend off "Right!"

**Womens Empowerment Group** A space for woman to connect, be heard and supported through mutual connection.



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