



Reclamation Clubhouse

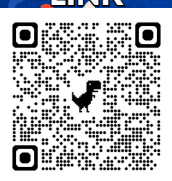
Belonging • Wellness • Purpose



NEWSLETTER

Have a Great 4th of July!

CONTRIBUTION LINK



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What's New?

Pathway To Hope has a new Summer Program on Wednesday's from 12:00 to 4:30.

12:30-1:30: Peer Support Group

1:45-2:30: Wellness Activity/Expressive Art

2:45-3:45: Life Coaching/Support Groups

4:00-4:30: Decompress Activity and Clean up

4:30- ? : Outside Support Groups

Happy Birthday

July 16 - Max

July 18 - Cardario

July 19- Alex

July 21 - Nicholas

July 22 - James

Emotional Wellness at Pathway to Hope:

This month, the summer program at Pathway to Hope is focused on Emotional Wellness. The weekly group will meet to discuss different topics related to maintaining and tending to our emotional well-being.

The group meets every Wednesday at 1:30 pm.

July 1 - Identifying Emotions

July 10 - Emotional Wellness

July 17 - Expressing Emotions

July 24 - Mindfulness

July 31 - Self Care

Please join us for these impactful experiences!

Emotional Wellness: What is it?

According to colleagues at Reclamation Clubhouse, emotional wellness is:

- Resilience
- Narrowing the time of being dis-regulated
- Going to bed feeling good, not focusing on the negatives
- Being able to express feelings in words
- Including a spiritual connection
- Being able to recognize when you are over or under-reacting to a situation
- Expressing how you are doing, what emotions you are feeling
- Being able to maintain positive emotions
- Being able to complete everyday tasks and responsibilities



Inside Out 2 was eye opening, according to colleagues who got to go see this movie together! New emotions were introduced including anxiety, envy, embarrassment, and ennui (boredom) alongside joy, sadness, anger fear, and disgust. The movie explores how these emotions show up in teenage Riley.

Take some time to explore how these emotions feel to you. How do they show up in your body? What do they look like? How would you describe them?

FIVE WAYS TO MAINTAIN EMOTIONAL WELLNESS

STRESS MANAGEMENT

We can never avoid stress completely, so learning to manage stressful situations is imperative to good emotional health. Common stress management tools include meditation, exercise, and breathing exercises.

BE SOCIAL

With very few exceptions, humans are social creatures. In other words, we need to be around other people and we tend to feel isolated and lonely when we are alone too much. Connecting with other people, even for just a lunch date, can boost your mood and help you maintain your emotional health.

FEELIN' EMOTIONS

We've all got emotions, and they can be hard to manage. Keeping track of things that trigger different emotions (good and bad), and working toward expressing those emotions in a healthy way can improve your emotional wellness.

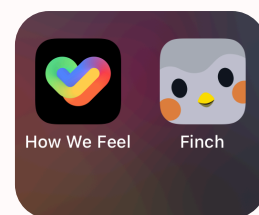
BALANCING ACT

No one wants to spend all their time at work. At the same time, a life of doing nothing is hardly satisfying. Finding your personal balance of work, play, family, activity, and rest can improve your emotional wellness and keep you feeling happy and complete.

FIND YOUR BLISS

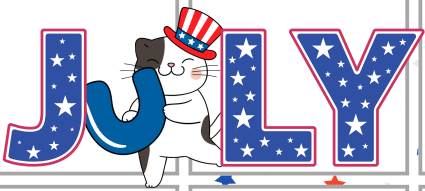
Find something that you love to do. This could be a job, hobby, volunteer position, creative endeavor, or anything that gives you a feeling of fulfillment and purpose. Spending time doing things that are meaningful to you will boost your emotional wellbeing.

WELLNESS APPS WE'RE EXPLORING TOGETHER



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1. Starfish 10:00



2.

3. PTH Program 12:00 to 4:30

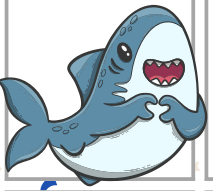
4. Cook-out 10:00 - 12:00



5.

6.

7.



8. Starfish 10:00

9. Cookie Baking Class with Joan 1:00-3:00
Thrift Store 4:30
Bring money

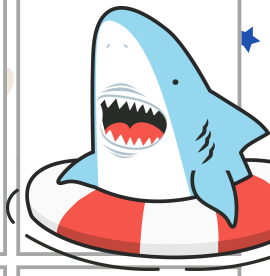
10. Food Safety with Alexis 10:00
PTH Program 12:00 to 4:30

11. Starfish 10:00
Wellness Activity Planning 1:15



12.

13.



14.

15. Starfish 10:00

Vote for Calendar

16.

17. Olathe Farmer's Market 9:00 to 10:00
PTH Program 12:00 to 4:30

18. Starfish 10:00
Wellness Activity Planning 1:15

19.

20. Picnic at Rose Garden 10:00 to 2:00
Free



21.

22. Mental Health Presentation *Food Provided* 3:00
Print Calendar

23. Poetry Wellness Activity 1:15

24. Food Safety with Alexis 10:00
PTH Program 12:00 to 4:30

25. Wellness Activity Planning 1:15

26. July Birthday Party Celebration 12:00

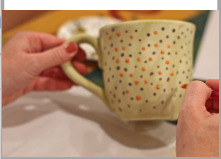


27. Black Bob Swimming 12:30 - 2:30
\$10-12



28.

29. Ceramic Cafe 3:00 to 6:00 *Free*



30. Olathe Pride 10:00-1:00

31. Olathe Farmer's Market 9:00 to 10:00
PTH Program 12:00 to 4:30

Clubhouse will close on Wednesdays at 12:30 pm. Pathway to Hope to provide support on Wednesday afternoons.