



OPPORTUNITY
DEVELOPMENT
CENTERS, INC.

VIRTUAL Services



COURSE DATES: SEPTEMBER 21 - OCTOBER 30, 2020

VIRTUAL CLASSES

courses meet the same time and day of the week.

You may choose as many courses as you'd like. All virtual courses need approval from funding source prior to starting classes. If interested in the courses, please complete the registration/referral form and email to Carla Czarny at cczarny@odcinc.com. Questions call Carla at 715-818-6491.

RELATIONSHIP BUILDING & SEXUALITY

Mondays & Wednesdays | 1:00 - 2:00 pm (*class meets twice per week*)

Discuss different types of relationships and the many roads to relationships including communication and decision-making. Discuss friendships and moving from friend to a partner. **Outcomes:** increased self-confidence, assertiveness and self-awareness.

EXERCISE THROUGH MUSIC EXPLORATION

Tuesdays | 10:00 - 11:00 a.m. or 6:30 - 7:30 pm (choose which time is most convenient for you)

Get up, and dance and sing. Learn the history and origins of music. **Outcomes:** self-expression, self-confidence, memory, creativity and fun.

SING ALONG & LEARN

Thursday | 1:00 - 2:00 pm

Explore different genres of music. (Blues, rock, hip hop, classical, jazz and others) Learn the history/origins of music. Enjoy visiting musicians and virtual concerts. **Outcomes:** self-expression, self-confidence, memory and recall, creativity and FUN!

TRAVEL & ANIMAL ADVENTURES

Thursdays | 10:00 - 11:00 am

Get up close and personal with virtual adventures to exotic lands, zoos and aquariums. Discover and explore different cultures and customs. **Outcomes:** appreciation of natural beauty and adventure, increased knowledge of cultures, customs and traditions.

LET'S GET TO WORK!

Thursdays | 2:30 - 3:30 pm

Meet weekly with peers and an ODC facilitator to develop a peer support network as you learn strategies to help you transition back to work as well as work through changes once you return to work. We will discuss hygiene, why it is important with Covid-19 and cover protocols business are putting into place. You will have the opportunity to enhance work skills in communication, teamwork and attitude while learning about social media in the work place and stress management/physical wellness. **Outcomes:** return to work preparation, increased work place etiquette awareness, peer support network development.

www.odcinc.com

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