



FSS AWESOME Programming 2024

Dates	Health Week	\$100.00
January 8	Tobacco Cessation	MCBHC Amy Hesselgesser
January 9	Tobacco Cessation	MCBHC
January 11	Tobacco Cessation	MCBHC
	Self-Awareness Week	
February 5	Managing Prescription Medications /Safety	Walberg Pharmacy
February 6	The Effects of Emotional Blocking	Catholic Charities
February 8	Art Therapy	Catholic Charities
	Mental Health	
March 4	Effects of Trauma	Stephanie Marugg
March 5	Coping with Trauma	Stephanie Marugg
March 7	Recovering from Trauma	Stephanie Marugg
	Parenting Week	
April 15	Parenting Wisely	BHC
April 16	Parenting Wisely	BHC
April 17	Parenting Wisely	BHC
	Substance Abuse	
May 6	Understanding Addiction	WDR Amanda Milliren
May 7	Codependency & Addiction	BHC-Sabrina
May 9	Treatment Resources	BHC-Sabrina
	Healthy Relationships	
September 16	Healthy Relationships	AWARE
September 17	Safe Boundaries	AWARE
September 19	Loving Yourself	Lisa Huffman
	Employment @ Career Link	\$50.00 Class
October 7	Employment Topic	Career Link
October 8	Employment Topic	Career Link
	Mental Health Week	
November 4	Grief- Surviving the Holidays	Grace Chapel Jennifer Lauer
November 5	Social and Emotional Health	Hermitage Police Sammy Staples
November 7	Suicide Prevention Talk Saves Lives	Owen Wagner Laura Leskovac
	NO CLASSES IN DECEMBER	



FSS AWESOME One Day Life Skills Programming 2024

2024	LIFE SKILL ONE DAY Classes	\$25.00 Gift Card
January 17	Coping Skills for Anxiety	Samantha Gutshall
February 15	Financial Literacy	First National Bank Kristen Kudelko
March 12	Eating Healthy on a Budget	Tracy Schleip Confirmed
April 9	Darkness to Light	CYS Whitney Clapper
May 14	Addiction-Helping a Loved One & Importance of Self Care	ROAR
August 21	Sex Trafficking	Hermitage Police Sammy Staples
October 22	Open for New Topic	
November 14	Arts & Crafts Class For the Holidays	HOPE CAT