**Rehab Supports in September**

The Rehab Supports group will be starting a new series focusing on different type of thinking (inferential, paradoxical, exploratory, etc). Each month, our activities will tie into one specific type. This will only be the days we are at the New Horizons building. We never know what to expect when we venture outside...

Remember, our lives can change with each breath we take, and so can HASCI’s calendar ☺ Of course those of you who visit us regularly know this well and do a great job of changing course to roll right along with us.

This month we are starting with **Creative Thinking**

Creative thinking is when you have original ideas and use them to create something new. It can be playing with ideas in your mind in an innovative and clever way. Creative thinking involves risk taking and seeking alternatives.

September 6th: Self Advocacy Awareness-We will be reading about and discussing self-advocacy, determination and awareness. After lunch we will do a creative drawing activity. It’s so simple, but you’ll probably overthink it.

September 7th: Calendar Planning-Our monthly gathering to discuss and vote on next month’s activities. We will also learn about metaphors, a great creative writing tool.

September 13th: Memory Skills: We will have a variety of memory exercises going on this day, from computer and card games to making a list from memory.

September 20th: Calming the Mind-We will do a quick reading exercise and then begin a creative art project. If you don’t complete the project, you can finish it up on September 26th. “What is the craft?” you may ask. It’s a secret. You’ll have to be here to find out.

September 26th: Game Day- We will definitely give Cranium a go (one of our most creative board games). We will most likely have a couple rounds of BINGO as well. Prizes this time! We also have the possiblilty of a Wii bowling tournament. As usual, Game Day will probably morph into smaller groups after lunch or whatever the majority chooses.