

Culinary & Wellness

Career Readiness

Hobbies & Rec

Social - Emotional

Life Skills

Mondays

<p>10:00</p>	<p>Tools, Projects, and Household Care</p> <p>Participants will use hand and power tools to repair household items and create new projects. Participants will plan and create a personal project which they will manage to completion.</p>	<p>Calendar Skills</p> <p>Participants will engage in hands-on practice by reviewing and scheduling tasks and events. Participants will practice using calendar language and calendar math techniques.</p>	<p>Sewing</p> <p>Participants will sew using both basic hand stitches and a sewing machine to follow multi-step directions to complete a variety of projects.</p>	
<p>11:00</p>		<p>Calendar Skills</p> <p>Participants will engage in hands-on practice by reviewing and scheduling tasks and events. Participants will practice using calendar language and calendar math techniques.</p>	<p>Drama</p> <p>Participants will engage in drama and improv games and activities. Participants will choose scenes and playwrights for study and performance.</p>	<p>Redstick Cares Media Creation</p> <p>Using Canva and Google Slides, participants will create media to be displayed in the lobby. Participants will research current events to display and interview peers and staff to create media.</p>

<p>1:00</p>	<p>Grocery Store 102 Participants will learn to independently navigate the grocery store to successfully create home meals & will remain within budget.</p>	<p>Financial Lit Participants will increase knowledge of budgeting, basic understanding of bills, and cost-benefit analysis.</p>	<p>Communicating Online Participants will utilize a private online platform to create and share appropriate personal information, engage in conversations, respond to both appropriate and inappropriate content from others, and set healthy boundaries.</p>	<p>Automotive Care Participants will practice skills to provide basic maintenance care for automotives.</p>
<p>2:00</p>	<p>Grocery Store 102 Participants will learn to independently navigate the grocery store to successfully create home meals & will remain within budget.</p>	<p>Computer Skills Participants will use Google Suite (email, docs, sheets, slides) to complete a variety of introductory level project based learning activities.</p>	<p>Emotional Regulation Participants will engage in activities to help them develop skills to understand, manage, and express their emotions in healthy and constructive ways.</p>	

Tuedays

10:00	Yoga Participants will gain confidence and skill to fully participate in a yoga class for one hour.	Expanded Conversation Participants will increase use of conversation skills such as turn taking, not interrupting, and not distracting the speaker to expand communication and complete group projects.	American Sign Language ASL 101 focuses on developing foundational communication skills through visual-gestural language techniques. Students will learn essential vocabulary, grammar, and conversational skills.	Catering & Cafe Participants will work with a professional chef to learn how to prepare and package large quantities of food, serve at our monthly cafe, and learn roles used in professional kitchens.
11:00	Lunch Out Participants learn essential dining skills, social etiquette, and communication techniques in a relaxed restaurant setting. This class combines practical experience with social interaction, promoting confidence in dining and social situations.	Expanded Conversation Participants will increase use of conversation skills such as turn taking, not interrupting, and not distracting the speaker to expand communication and complete group projects.	Compassion Project Participants will partner with local nonprofit organizations to complete projects that benefit the Baton Rouge community at large.	
12:00				

<p>1:00</p>	<p>Desserts & Pastries</p> <p>Participants will learn the art of creating sweet treats, from classic confections to elegant pastries. This hands-on class emphasizes baking techniques, flavor combinations, and presentation skills.</p>	<p>Emotional Regulation</p> <p>Participants will engage in activities to help them develop skills to understand, manage, and express their emotions in healthy and constructive ways.</p>	<p>Financial Lit</p> <p>Participants will increase knowledge of budgeting, basic understanding of bills, and cost-benefit analysis.</p>	
<p>2:00</p>		<p>Problem Solving</p> <p>Participants will use five standard thinking prompts to push through solving a variety of problems and not asking for help at the first sign of a challenge, explore functions of the brain and activities for increasing those functions, and utilize visual cues to self-regulate problem solving skill usage and asking for assistance.</p>	<p>Get Ready With Me (females only)</p> <p>Participants will practice good hygiene and engage in positive mental health strategies for women to build self esteem</p>	<p>Games with Friends</p> <p>Games with Friends is a social and recreational group designed for participants to connect, unwind, and have fun through a variety of casual and interactive games. This club focuses on building friendships, encouraging teamwork, and creating a relaxed environment where everyone feels welcome.</p>

Wednesdays

10:00

Grocery Store 101

Participants will learn to independently (as possible) navigate the grocery store to successfully create meals at home.

Understanding Others

Participants will build their understanding of others by perspective taking and showing appreciation, identifying and acknowledging the difference between feelings versus facts and the impact they have on our life experience, and build empathy by choosing curiosity over anger when experiencing misunderstandings.

Problem Solving

Participants will use five standard thinking prompts to push through solving a variety of problems and not asking for help at the first sign of a challenge, explore functions of the brain and activities for increasing those functions, and utilize visual cues to self-regulate problem solving skill usage and asking for assistance.

11:00

3D Sculptures

Participants learn techniques and skills needed to create three-dimensional art pieces using various materials and methods. This class encourages artistic expression while building technical expertise.

Biology Through Movement

This course combines physical activity with interactive learning to explore biological concepts in an engaging, hands-on way. This class uses movement-based activities to reinforce scientific ideas, making complex topics easier to understand and memorable.

Catering & Cafe

Participants will work with a professional chef to learn how to prepare and package large quantities of food, serve at our monthly cafe, and learn roles used in professional kitchens.

<p>1:00</p>	<p>Mixed Media Participants will create a variety of art using multi-step techniques with both planned and found materials culminating in an art show.</p>	<p>Sublimation Participants will utilize technology including Canva, sublimation printer, and heat press, to design potential t-shirts, then create t-shirts for sale. Participants will manage stock of sublimated materials including pricing, filling orders, and inventory.</p>	<p>Understanding Others Participants will build their understanding of others by perspective taking and showing appreciation, identifying and acknowledging the difference between feelings versus facts and the impact they have on our life experience, and build empathy by choosing curiosity over anger when experiencing misunderstandings.</p>	<p>Public Speaking Participants will effectively plan, create, and concisely deliver information clearly using visuals, engagement strategies, and confident delivery skills.</p>
<p>2:00</p>	<p>Healthy Dating Participants will identify appropriate people to ask on a date, safe places to go on dates, and etiquette for dating including topics for discussion, dress, and signs of affection.</p>	<p>Sublimation Participants will utilize technology including Canva, sublimation printer, and heat press, to design potential t-shirts, then create t-shirts for sale. Participants will manage stock of sublimated materials including pricing, filling orders, and inventory.</p>	<p>Clay Lab Participants will utilize a variety of methods to create art using clay, including scoring, painting, and finishing techniques.</p>	<p>Dating App 101 Dating App 101 is designed to help individuals navigate the world of online dating confidently and successfully. This class provides practical tips, safety guidance, and strategies for creating meaningful connections through dating apps.</p>

Thursdays

10:00	Yoga Participants will gain confidence and skill to fully participate in a yoga class for one hour.	Understanding My Behaviors Combined with pet therapy, participants will explore the thoughts, emotions, and triggers that influence their actions. This class encourages self-awareness, emotional growth, and the development of healthier coping strategies.	Tools, Projects, and Household Care Participants will use hand and power tools to repair household items and create new projects. Participants will plan and create a personal project which they will manage to completion.	Public Speaking Participants will effectively plan, create, and concisely deliver information clearly using visuals, engagement strategies, and confident delivery skills.
11:00	Building Us Up Combined with pet therapy, this course is designed to inspire confidence, self-awareness, and leadership among women by fostering personal growth, resilience, and community support. This class encourages participants to embrace their strengths, develop essential life skills, and build positive relationships.			Lunch Out Participants learn essential dining skills, social etiquette, and communication techniques in a relaxed restaurant setting. This class combines practical experience with social interaction, promoting confidence in dining and social situations.
12:00				

1:00

Ambassadors

Participants will learn the ins and outs of Redstick C.A.R.E.S. to create and deliver personalized messages to increase public knowledge and garner support within the community.

Art & Soul

Participants will explore emotions in themselves and others by evaluating facial expressions, body language, non-verbal cues, and biofeedback and will create art to portray these emotions.

Dog Walking 101

Participants will identify a variety of dog behaviors to identify possible red flag behaviors in order to successfully walk, brush, and bathe dogs to build skills to create a personal dog walking business.

Easy Meals

Participants will learn to create simple meals for preparation and consumption at home.

2:00

Mixed Media Art

Participants will create a variety of art using multi-step techniques with both planned and found materials culminating in an art show.

Dog Walking 102: Open For Business!

Participants will develop and complete the steps of starting and managing a successful dog walking business.

Get Ready With Me (males)

Participants will learn and practice good hygiene habits and engage in positive mental health strategies to build self esteem.

Fridays

10:00	Sports Survey Participants will play popular yard games with proper knowledge of the rules and procedures with characteristics of good sportsmanship during both winning and losing games.	Graphic Design Using Canva, participants will create a variety of graphics including invitations, posters, and social media posts & track analytics to determine which types of graphics are most successful on social media.	Emotional Regulation Participants will engage in activities to help them develop skills to understand, manage, and express their emotions in healthy and constructive ways.	
11:00	Mixed Media Art Participants will create a variety of art using multi-step techniques with both planned and found materials culminating in an art show.	Graphic Design Using Canva, participants will create a variety of graphics including invitations, posters, and social media posts & track analytics to determine which types of graphics are most successful on social media.	Health & Movement Participants will learn to promote physical well-being, body awareness, and overall fitness through engaging activities that combine exercise, mindfulness, and healthy lifestyle practices.	

<p>1:00</p>	<p>Dating App 101 Dating App 101 is designed to help individuals navigate the world of online dating confidently and successfully. This class provides practical tips, safety guidance, and strategies for creating meaningful connections through dating apps.</p>	<p>Strategy Games Strategy Games is a social group where participants engage in games that challenge critical thinking, planning, and decision-making skills.</p>	<p>Beginner Kitchen Skills Participants learn all the non-food related skills needed to prepare meals at home.</p>
<p>2:00</p>	<p>Karaoke & Just Dance This class is the perfect space for anyone who loves to sing or wants to learn how to confidently perform in front of an audience.</p>	<p>Games with Friends Games with Friends is a social and recreational group designed for participants to connect, unwind, and have fun through a variety of casual and interactive games. This club focuses on building friendships, encouraging teamwork, and creating a relaxed environment where everyone feels welcome.</p>	