

805 Connects Activity Reminder



Event: Social Group - Understanding Feelings

This activity uses 3 authorized hours with 805 Connects

Date: October 15th, 2026

Time: 4:30pm-7:30pm

Location: 805 Connects Office
1317 Del Norte Rd. Suite #150, Camarillo CA

Description:

Join us for a fun and supportive social group about understanding your feelings! We'll learn how to recognize different emotions, talk about how we feel, and discover healthy ways to express our feelings. Sign up today and join us for a positive group discussion!

How to Prepare:

Pick up details for the day of the event:

- Pick-up time is 45 minutes before activity start time.
- An activity coach will call you during pick-up.
- Please be prepared, answer your phone, and be patient so we know you are still attending.