805 Connects Activity Reminder

Event: Social Friendship Group- Accepting and Rolling with Maladaptive Thoughts

This activity uses 3 authorized hours with 805 Connects

Date: May 7th, 2026

Time: 4:30 PM - 7:30 PM

Location: 805 Connects Office
1317 Del Norte Rd. Suite #150, Camarillo CA 93010

Description:

Join our Social Friendship Group as we explore how to accept and roll with maladaptive thoughts in a supportive and understanding space. Through simple discussions and fun activities, we'll learn how to notice unhelpful thoughts, stay calm, and practice more positive ways of thinking. It's a great opportunity to build confidence, strengthen friendships, and develop skills to feel more in control of your emotions.

How to Prepare:

Pick up details for the day of the event:

- Pick-up time is 3:45pm-4:30pm
- 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.