



The Zone

JANUARY 2022

A School Based Youth Services Program at Orange Prep Academy 400 Central Ave.,
Orange, NJ 07050. For More Information, please call: 973-518-3006 Family Connections,
Inc. Funded by: Department of Children and Families / DFCP

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Program Hours: Monday-Friday 9:30am-5:30pm *Early and late hours are available by appointment</p> 	2	3	4	5	6	7	8
<p>Individual Counseling: Drop-In or By Appointment</p> <p>Family Counseling: By Appointment</p>	9	10	11	12	13	14	15
<p>Weekly Recreation Schedule: Monday, Wednesday, & Friday Lunch Recreation</p>	16	17	18	19	20	21	22
<p>After School Programming Monday-Friday</p>	23	24	25	26	27	28	29
	30	31					
							

Updates & information can be found on Remind: Class code- @7df929
Parent Remind: Code – @d6d7hdf
Código de Remind para encontrar información sobre Creadores de Sueños: @e4e8gg



Entertainment Group: This is a recreation group during lunch periods. Students gather to watch a television show and engage in an open discussion afterwards.

Make It Great Monday Group: This is a recreation group during lunch periods. Students will be able to learn about different self-care practices. The first group will be held virtually.

Girls Empowerment Lunch Group: This is an empowerment group for students that identify as female. The first group will be held virtually.

Homework Group: This is an afterschool group where students will have the chance to work on their homework at The Zone.

Spectrum Group: This is a gay/straight alliance group focused on support and allyship. This group will be held virtually.

Listening Circle: This is a psycho-education group that provides students with a chance to discuss stressors.

Grief Group: This is a closed group for students who are dealing with loss and grief. Students will receive support and be given psychoeducation surrounding grief.

Open Recreation: Students from OPA are welcomed to The Zone to engage in various recreational activities.

Anime Day: This is an event where students will be able to enjoy an anime movie afterschool. This event will be held virtually.

Breakfast with The Zone: This is an open event for OPA students to gather at The Zone, enjoy a breakfast meal, and practice mindfulness and relaxation techniques before class. First 15 students to come will be served.

Cozy Up with Cocoa: This is an event where students will be able to watch a movie and enjoy hot cocoa. This event will be held virtually.

Paint & Tell: This is an event where students will be able to create their own artwork & share the meaning behind their work.

Taboo Tournament: This is an event where students and staff will verse each other through a game of Taboo.

Caregiver/Parent Support Group: This is an open, support, group for parents who have children at Orange Preparatory Academy. The group will provide parents with support and resources.

Woosah Wednesday: This is an event for OPA staff to practice mindfulness and relaxation techniques. Light refreshments will be served.

SOPAC Movie Day Field Trip: Students from OPA and OHS will be able to attend our trip to SOPAC for a movie day afterschool. Students must have a permission slip completed to attend.

Urban Air Field Trip: Students from OPA and OHS will be able to attend our trip to Urban Air Trampoline Park afterschool. Students must have a permission slip completed to attend.