

# 2026 SMALL STEPS

## Reservations Required

**AbilityPoint does NOT provide staffing for Small Steps. All are welcome but if supervision is required, someone must stay to provide the supervision.**

**To submit your RSVP, Please reach out to Aliyah McPherson Email:[Amcpherson@abilitypoint.org](mailto:Amcpherson@abilitypoint.org)**

**Phone: (316)-943-1191 EXT. 122**

**\*You may also scan the code and RSVP\***



Date	Activity	Time
<b>Mon 1/5</b>	<b>Yoga class</b>	<b>11:30AM-12:30pm</b>
	Easy to follow movements, calming breathing exercises. A welcoming and supportive enviroment.	
<b>Wed 1/28</b>	<b>Healthy Eating Options</b>	<b>6-7 PM</b>
	Learn how what you eat affects your energy, mood, and health. This class explores smart food choices, mindful eating, and practical tips for everyday nutrition.	
<b>Mon 2/2</b>	<b>Substance Awareness/Vapes</b>	<b>11:30AM-12:30PM</b>
	A class that helps to understand the dangers of vaping and other substances, how they affect the body and mind, and how to make healthy choices.	
<b>Wed 2/25</b>	<b>Healthy Relationships</b>	<b>6-7PM</b>
	Talk that focuses on emotional well-being, teaching how to build strong, respectful relationships that support personal growth and self Development.	
<b>Mon 3/2</b>	<b>First Aid</b>	<b>11:30AM-12:30PM</b>
	Learn how to care for yourself and others in an emergency. This class covers practical first aid techniques that can save lives and prevent further injury.	
<b>Wed 3/25</b>	<b>Peer Pressure</b>	<b>6-7PM</b>
	A fun and engaging class that helps participants understand what peer pressure is, how to handle it in positive ways, and how to make confident, healthy choices that reflect who they are.	
<b>Mon 4/6</b>	<b>Public Speaking</b>	<b>11:30AM-12:30PM</b>
	A confidence building class that helps participants learn how to express themselves clearly, speak in front of others, and share their ideas with pride and enthusiasm.	
<b>Wed 4/29</b>	<b>Self Defense</b>	<b>6-7PM</b>
	An empowering class that teaches safety awareness, basic self-defense moves, and how to stay calm and confident in challenging situations.	