

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

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

You may also scan the code and RSVP



Date	Activity	Time
Mon 1/5	Yoga class	11:30AM-12:30pm
Easy to follow movements, calming breathing exercises. A welcoming and supportive enviroment.		
Wed 1/28	Healthy Eating Options	6-7 PM
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.		
Mon 2/2	Substance Awareness/Vapes	11:30AM-12:30PM
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.		
Wed 2/25	Healthy Relationships	6-7PM
Talk that focuses on emotional well-being, teaching how to build strong, respectful relationships that support personal growth and self Development.		
Mon 3/2	First Aid	11:30AM-12:30PM
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.		
Wed 3/25	Peer Pressure	6-7PM
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.		
Mon 4/6	Public Speaking	11:30AM-12:30PM
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.		
Wed 4/29	Self Defense	6-7PM
An empowering class that teaches safety awareness, basic self-defense moves, and how to stay calm and confident in challenging situations.		