

# February 2019

Hours 9-4

## Morrison County Drop In Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10:00am Grieving 2:30pm	2 Ground Hog Day
3 <b>Superbowl 5:30pm</b>	4 10:00am Happyness 2:30pm Emotions	5 10:00am Saying No 2:30pm Medications	6 10am Crafts 2:30pm Relaxation (Deep Breathing)	7 10:45am Peer mgt. 2:30pm Depression	8 10:00am Emotions 2:30pm Coloring w/Music (Grief)	9
10	11 10:00am Depression 2:30pm Grief	12 10:00am Being kind 2:30pm Grieving a loss	13 10am Crafts 2:30pm Fitness (Exercise)	14 10:00am Politness 2:30pm Honesty	15 10:00am Trust 2:30pm Noticing (Awareness)	16
17	18 10:00am Anxiety 2:30pm Triggers	19 10:00am What is therapy 2:30pm Medications	20 10am Crafts 2:30pm Possitive actions	21 10:00am Honesty 2:30pm Anxiety	22 10:00am Friendship 2:30pm Negative actions	23
24	25 10:00am What is worry 2:30pm Saying No	26 10:00am Loyalty 2:30pm Assertiveness	27 10am Crafts 2:30pm Out of the cupboards(cooking)	28 10:00am Winter Blues 2:30pm Politness		
		<b>NOTE:</b> <b>2-Ground hog day</b> <b>3-Superbowl 5:30pm</b> <b>7-Peer Meeting 10:45am</b>				



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**MAY THE NEW YEAR BRING YOU JOY AND HAPPINESS!**