

# February 2020

Hours 9-4

Morrison County Drop In Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Ground Hog Day <b>Superbowl 5:30pm</b>	3 10:00am Happyness 2pm Cooking	4 10:00am Saying No 2:30pm Medications	5 10am Crafts 2:30pm Relaxation (Deep Breathing)	6 10:45am Peer mgt. 2:30pm Depression	7 10:00am Emotions 2:30pm Coloring w/Music (Grief)	8
9	10 10am How to deal with impossible people 2:30pm Grief	11 10:00am Being kind 2:30pm Grieving a loss	12 10am Crafts 2pm Mark's Group	13 10am Uncomfortable changes 11am Bingo	14 10:00am Trust 2:30pm Noticing (Awareness) Valentines Day	15
16	17 10:00am Anxiety 2pm Cooking	18 10:00am What is therapy 2:30pm Medications	19 10am Crafts 2:30pm Possitive actions	20 10am Setting new boundries 2:30pm Anxiety	21 10:00am Friendship 2:30pm Negative actions	22
24	24 10:00am What is worry 2:30pm Saying No	25 10:00am Loyalty 2:30pm Assertiveness	26 10am Crafts 2:30pm Out of the cupboards(cooking)	27 10:00am Winter Blues 2:30pm Politness	28 10am How not to repeat yourself 2:30pm How not to talk over others	29
<p><b>NOTE:</b>  <b>2-Ground hog day</b>  <b>2-Superbowl 5:30pm</b>  <b>6-Peer Meeting 10:45am</b>  <b>14-Valentines Day</b></p>						



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