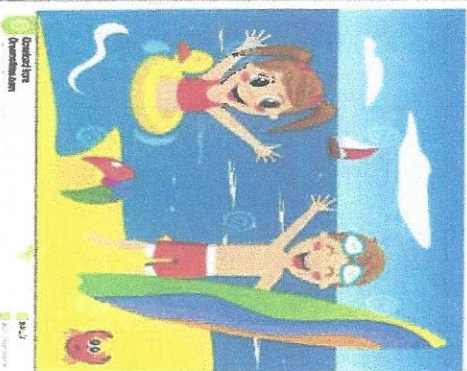


HOPE CENTER AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10am Bodies response to anger & anxiety 11am Popcycle craft	2 10am Saying "NO" You have the right to say NO! 11am Pizza & a movie	3
4	5 10am Let's talk about our weekend 1pm Independent living	6 10am A better view of interview 1pm Popsicle crafts	7 10am Let's talk about meds 11am BLT sandwich	8 10am Intrusive Thoughts 1pm Bunny Rabbit washcloth craft	9 10am About me 11am Pizza & a Movie	10
11	12 10am Let's talk about our weekend 1pm Independent living	13 10am Progressive Muscle relaxation 1pm (con't) popsicle crafts	14 10am Developing a system that works for you 1pm Peanut Butter Cookies	15 10am What are personal boundaries 1pm coffee filter craft	16 10am Positive steps to wellbeing 11am Pizza & a movie	17
18	lets 10am Let's talk about our weekend 1pm Actively planning for	20 10am Starting your job search 1pm. Beetle bug craft	21 10am Banana Bread 1pm UNO	22 10am Self Care assessment 1pm Toilet paper roll flower	23 10 am Realistic Monthly Budgeting 11am Pizza & a Movie	24
25	26 10am Let's talk about our weekend 1pm Time on my hands	27 10am Positive steps to wellbeing 1pm toilet paper crafts	28 10am Actively Planning for discharge 1pm Popsicle craft	29 10am Money Management (or lack thereof) 1pm Rock Painting	30 10am Coping: Costs & Benefits 11am Pizza & a Movie	

NOTES:
AUGUST 2nd Oakridge company picnic @ Safari North Zoo Brainerd, MN just five miles North of Brainerd. 11am to 4pm. Address is 8493 Hwy 371 Brainerd, MN 56401 Please RSVP to Bethany@ornhwv.com if you plan on attending.



113 Aldrich Ave S.E
 Wadena, MN 56482
 PHONE: 218-631-7693
jeanette@ornhwv.com