

JULY 2019 HOURS 9-4

Morrison County Drop In Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10am Triggers 2:30pm Boundaries	2 10am Compromise 2:30pm Mental Illness Symptoms	3 Peer Meeting 10:45am	4 CLOSED Independence Day	5 10am Friendliness 2:30pm Emotion Regulation Skills	6
7	8 10am Coping skills 2:30pm Anger	9 10am Goals 2:30pm Mental Illness Symptoms	10 10am Craft 2:30pm Checklist for assetive behavior	11 10am Respect 2:30pm Self esteem	12 10am Emotions 2:30pm Anger warning signs	13
14	15 10am Honesty 2:30pm Panic attacks	16 10am Addiction 2:30pm Mental Illness Symptoms	17 10am Craft 2:30pm 15 ways to improve the quality of sleep	18 10am How to say no 2:30pm Goals	19 10am Assertiveness 2:30pm What are presonal boundaries?	20
21	22 10am Table Talk 2:30pm Grief	23 10am Grief 2:30pm Mental Illness Symptoms	24 10am Craft 2:30pm Understanding mental health	25 10am Depression 2:30pm Relaxation	26 10am Anxiety 2:30pm Assert yourself	27
28	29 10am Mental Illness Symptoms 2:30pm Table Talk	30 10am Communication 2:30pm Mental Illness Symptoms	31 10am Craft 2:30pm Table Talk			29
NOTES: 3-Peer meeting 10:45am 4-CLOSED Independence Day						

This is a month to celebrate our country's independence.



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If you take time to smile someone will smile back at you.