

JULY 2020 HOURS 9-4

Morrison County Drop In Center

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



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

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