

MAY 2018 HOURS 9am-4pm

Morrison County Drop In Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10am How family can affect our mental health decisions 2:30pm Mental Illness symptoms	2 10:45am Peer mgt 2:30pm Abuse	3 10am Smile 11am cooking class 2:30pm Knowing when and how to aproch someone who needs help	4 10am Friendllyness 2:30pm Compromise	5
6	7 10am Listen 2:30pm How to be assertive	8 10am Compromise 2:30pm Mental illness symptoms	9 10am Crafts Support for a Better You 2-4pm	10 10am Goals 11am cooking class 2:30pm Self esteem	11 10am Respect 2:30pm Grief	12
13 Mother's Day	14 10am Understand the problem 2:30pm How does drugs affect your mental health	15 10am Coping skills 2:30pm Mental illness symptoms	16 10am Crafts 2:30pm Respect	17 10am Mediator 11am cooking class Heather's group 2-3	18 10am Others shoes 2:30pm Resentment	19
20	21 10am Honesty 2:30pm How to say no	22 10am Assertiveness 2:30pm Mental Illness symptoms	23 10am Crafts 2:30pm Boundaries	24 10am Communication skills 2:30pm Stress	25 10am Emotions 2:30 pm Depression	26
27	28 Memorial Day CLOSED	29 10am Grief 2:30pm Mental Illness symptoms	30 10am Crafts 2:30pm Honesty	31 10am Coping skills 2:30pm Respecting each others space		
NOTES: 9-Support for a better you 2-4 10-Peer meeting 10:45am 13-Mother's Day 17-Heather's group 28- CLOSED Memorial Day CLOSED						

May is mental health awareness month



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Smile and someone will smile back!