



VPSN May 2020

Sunday Supports	Maintenance Monday	Tell Me Your Story Tuesday	Wellness Wednesday	Talented Thursday	Friday Fun Day	Soothing Saturday
					1 Comedy for both AM & PM sessions	2 AM: Reflections Journal PM: Guest- Krisie
3 AM: Grief PM: Mental Illness	4 AM: Self Esteem PM: Thought Changing	5 AM: Tell Me Your Story PM: Ask-a-Therapist	6 AM: Wellness Recov. Action Plan PM: Guest- Krisie	7 Crafting Social for both AM & PM Sessions	8 Recovery Bingo for both AM & PM Sessions	9 AM: Strength Building PM: Spirituality
10 AM: Post-Partum Depression PM: Family	11 AM: Peer Support PM: Work Related Issues	12 AM: Teach Me Your Culture PM: Ask-a-Therapist	13 AM: Wellness Recov. Action Plan PM: Guest- Krisie	14 Talent Show for both AM & PM Sessions	15 Funniest Home Videos for both AM & PM Sessions	16 AM: Tidy Up Social PM: Guest- Julie
17 AM: CPS Case Support PM: Addiction	18 AM: Trauma Rec. PM: Suicide Prev.	19 AM: Tell Me Your Story PM: Ask-a-Therapist	20 AM: Wellness Recov. Action Plan PM: Guest- Krisie	21 Poetry for both AM & PM Sessions	22 Karaoke for both AM & PM Sessions	23 Affirmation Boards for both AM & PM Groups
24 AM: Gender & Sexualities PM: Life Transitions	25 AM: Lifestyle/Living PM: Motivation	26 AM: Teach Me Your Culture PM: Ask-a-Therapist	27 AM: Wellness Recov. Action Plan PM: Guest- Krisie	28 Show 'N Tell for both AM & PM Sessions	29 AM: Name that Tune PM: Name that Movie	30 AM: Share Your Music PM: Coping Skills
31 AM: Single Parents PM: Grief						

Time slots by county/color code:

Benton, Sherburne, Stearns, Wright
Aitkin, Cass, Crow Wing, Morrison, Todd, Wadena, Leech Lake and Mille Lacs Band
Chisago, Isanti, Kanabec, Mille Lacs, Pine, Mille Lacs Band
Open to the Public

Sessions (AM & PM):

Each morning session runs from 10am to 1pm and each Afternoon session runs from 1pm to 4pm. We start with each session with some discussion and move into the daily activity or guest speaker listed on the calendar above.

Contact:

Join Zoom Meeting:
<https://us02web.zoom.us/j/592347390>
 or by phone: 312-686-6799 ID #592347390
 Like us on Facebook:

Special Thanks to:

Catholic Charities, MN Dept. of Human Services, COMMUNITY Adult Mental Health Initiative, Pine County Health and Human Services, Region V+ Adult Mental Health Initiative