

VPSN September 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Tell Me Your Story for both AM and PM sessions	2 AM: Vision Boards PM: Exploring Our Humanness w/ Krisie	3 AM: Exploring Our Humanness PM: Spanish Support	4 AM: LGBTQ+ Connect w/ Ben PM: Bingo	5 AM: LGBTQ+ Connect w/ Ben PM: Art Journaling	6 AM: LGBTQ+ Connect w/ Ben PM: Scattergoris
7 AM: Motivation PM: Wellness with Shelley	8 Travel Stories both AM and PM sessions	9 AM: Meditation with Bryce PM: Culture w/ Jode	10 AM: Exploring Our Humanness PM: CLOSED	11 CLOSED both AM and PM sessions - WitW Conference	12 AM: LGBTQ+ Connect w/ Ben PM: Catch Phrase	13 AM: LGBTQ+ Connect w/ Ben PM: Creative Writing
14 AM: Martha's Crafts PM: Wellness with Shelley	15 Tell Me Your Story for both AM and PM sessions	16 AM: Affirmation Board PM: Culture w/ Jode	17 AM: Exploring Our Humanness PM: Spanish Support	18 AM: LGBTQ+ Connect w/ Ben PM: Art Show	19 AM: LGBTQ+ Connect w Ben PM: Bingo	20 AM: LGBTQ+ Connect w/ Ben PM: Poetry/Writing
21 AM: Motivation PM: Wellness with Shelley	22 Bucket List Stories for both AM and PM sessions	23 AM: Book Club w/ Michelle PM: Culture w/ Jode	24 AM: Exploring Our Humanness PM: Spanish Support	25 AM: LGBTQ+ Connect w/ Ben PM: Jeopardy	26 AM: LGBTQ+ Con. PM: Exploring Our Humanness	27 AM: LGBTQ+ Con. w/ Ben PM: Pain Mngmnt.
28 AM: Martha's Crafts PM: Wellness with Shelley	29 Tell Me Your Story for both AM and PM sessions	30 AM: Relationship Building Skills PM: Culture w/ Jode	AM: Exploring Our Humanness PM: Spanish Support			

EVERYONE WELCOME!

Sessions (AM & PM)

Each morning session runs from 10am to 1pm and each afternoon session runs from 1pm to 4pm. If the sessions are reaching max capacity, we may have to separate them by county. The groups are otherwise open to everyone.

To Join Zoom Meeting:

Visit our website: Mnwitw.org and click on VPSN icon.

Go to <https://us02web.zoom.us/j/592347390>

or by phone: 646-715-8592 ID #592347390;

Facebook: [Virtual Peer Support Network Minnesota - VPSN](#)

Special Thanks to:

MN Dept. of Human Services
CommUNITY Adult Mental Health Initiative
7E Adult Mental Health Initiative
Region V+ Adult Mental Health Initiative